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WORLD
MENTAL
HEALTH DAY



Photo of YouTuber Mike Boyd via Learn Quick on YouTube

Getting better every day

What would you want to learn, if you had the time to master it?

In a recent hours-long dive down the rabbit hole that is YouTube, I stumbled upon a series of videos titled “Learn Quick.”

The series is created by a man named Mike Boyd, a young, scruffy-bearded Irish guy who is self-professed as “not special, I’m not particularly smart, I’m not talented, learning just doesn’t take as much time as people think.”

The driving idea behind his videos is that he takes an everyday skill—be it juggling, doing a wheelie, throwing playing cards—and spends however much time he needs in reaching the milestone he has set for himself.

Sometimes, like when he learned how to split an apple with his hands, this can be done in a few minutes, other times it can be up to three months before he completes his goal. Either way, he always sees it through,

and the Irish-accented joy that emits from him is always a highlight of the videos.

It seems like a pretty simple premise, right? If you want to learn how to do a kickflip, it stands to reason that you just go ahead and try to do a kickflip until it happens. What’s different about how he does it, however, is that he will spend every moment of his free time on the task at hand until it is completed.

It must help that he has incentive to complete the task due to his YouTube following and the need to release more videos, but he seems like the kind of guy who would aspire to learn these things even if the cameras weren’t on him.

Pan over to me, sitting in bed and having just spent a few hours idly browsing YouTube in my underwear—the same amount of time it takes him to learn a cool new skill.

It really had me wondering if I’m using

the time I have wisely (I’m not). Sure there are a few things I’d like to learn how to do (whistling tops the list, but after 23 years of trying I’ve finally admitted defeat) yet I don’t find myself dedicating my precious free time to bettering myself in those things. For the most part I eat dinner, hang out with my girlfriend, play a few rounds of Overwatch, and then call it a night. I’m lucky enough that my day job incorporates the one thing I’m always aiming to better myself in—writing—but during my free evenings, sitting down to write creatively never seems to top my to-do list.

It probably should. Boyd’s videos drive home the fact that anything can be learned relatively quickly, as long as the person learning is willing to put in that time. Some of what he’s learned will definitely come in handy down the line for him, too—who wouldn’t want to be able to open a bottle with basically anything found around the

house, or easily pick a lock—and those life-long skills were acquired in only a few hours, right before my eyes.

It just goes to show that becoming better at something doesn’t take an all-consuming dedication; it just takes the ability to see things through to the end, and a willingness to make it through the awkward and embarrassing beginning stage.

So maybe those hours sunk into watching YouTube videos really were productive after all.

Hah, who am I kidding. I’d better get to work.

Cheers,

Chandler Walter

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- ✓ Tens of thousands attend march for reconciliation
 - ✓ DSU hosts meet and greet for int. students
 - ✓ Bear sighted near Coquitlam campus occupation
- And more!

New Westminster considers removal of monument to colonial judge

› Hanging Judge executed six Tsilhqot'in chiefs in the 1860s

Jake Wray
News Editor
Colten Kamlade
Staff Reporter

A debate rages in the United States about the removal of statues of Confederate General Robert Lee, a conversation is brewing in New Westminster about a different controversial statue.

The likeness of Matthew Begbie, who in 1858 was appointed as the first colonial judge in BC according to a report in the Vancouver Sun, stands outside the New Westminster provincial courthouse. Begbie is colloquially known as the Hanging Judge because he ordered the execution of six Tsilhqot'in chiefs for their role in the Chilcotin War, a battle in 1864 between Tsilhqot'in warriors and white road workers that resulted in the death of approximately 20 whites.

BC Premier Christy Clark posthumously exonerated the six executed chiefs in 2014, according to a report by CBC News. In April, the Law Society of British Columbia decided to remove a statue of Begbie from their lobby "as a step toward reconciliation," according to a press release issued by the law society. Now, some people are calling for removal of the statue from New Westminster altogether.

"I don't think much of the Hanging Judge," said Ervin Charleyboy, one of six current Tsilhqot'in chiefs, in an interview with the New Westminster Record. "It would give me great pleasure to get a big excavator or something and lower him with a rope. That would be the end of that hanging judge."

Charleyboy said the statue makes him angry.

"I don't want the statue of Begbie down there," he told the New Westminster Record. "It just makes me mad. ...It just brings out the bitterness in me, and I just don't like that."

Sally Mennill, chair of the history department at Douglas College, said Begbie had a complicated relationship with Indigenous people.

"Begbie was certainly a controversial character in the early colonial period in BC. While he was known to speak a few Indigenous languages and maintain ongoing relationships with the Indigenous peoples he encountered in his many travels, his rates of conviction also show his tendency to convict and sentence Indigenous defendants more heavily," she wrote in an e-mail interview with the Other Press.

The City of New Westminster, which is in charge of the Begbie statue, has already received some direct feedback about the statue. On April

“It would give me great pleasure to get a big excavator or something and lower him with a rope. That would be the end of that hanging judge.” Ervin Charleyboy, Tsilhqot'in Chief

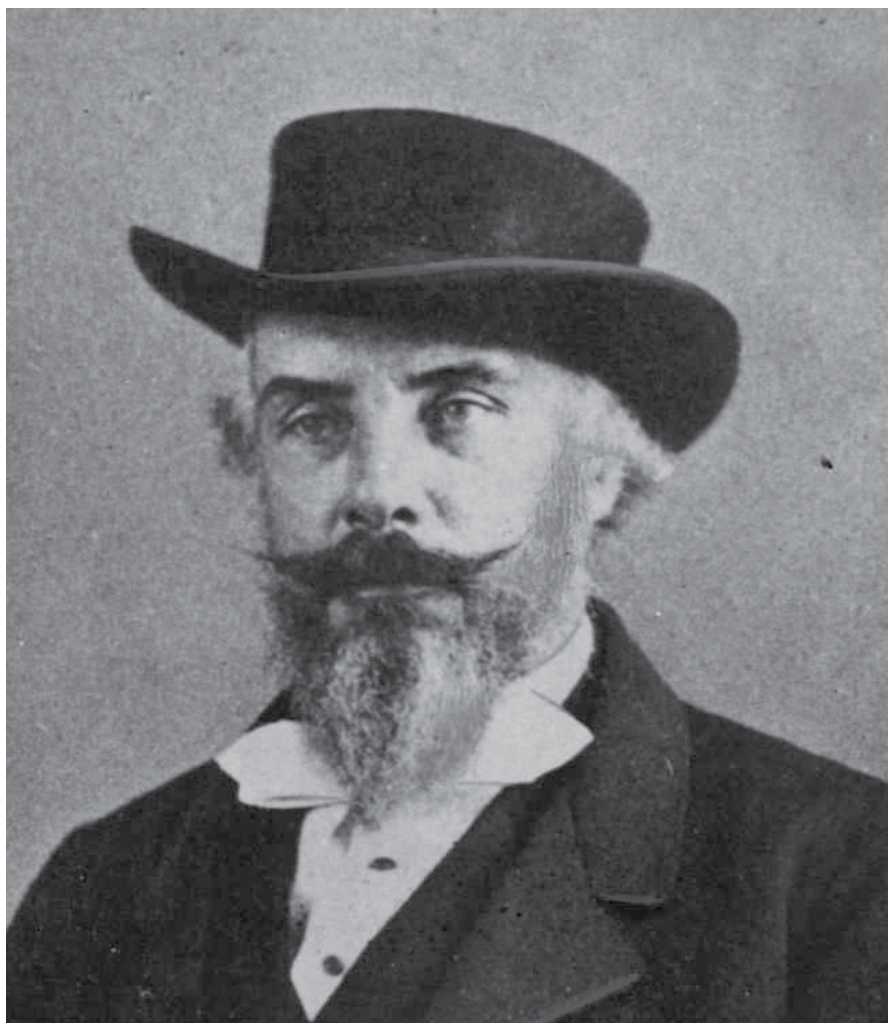


Photo of Matthew Begbie

10, a community delegation, Truth and Reconciliation New West, presented a report to New Westminster city council recommending that the City make a "commitment" to the Truth and Reconciliation Commission's Calls to Action and that the City support a community reconciliation process in New Westminster. Part of that report to council included reconciliation suggestions made by members of the public at a number of community discussions hosted by Truth and Reconciliation New West—including a panel discussion on January 19 moderated by Dave Seaweed, an aboriginal co-ordinator for Douglas College—and some of the public comments included in the report suggested changing the Begbie statue.

The New Westminster city council accepted Truth and Reconciliation New West's recommendations, and directed City staff to form a taskforce that will

investigate how exactly New Westminster can implement the calls to action.

Rob McCullough, manager of museums and heritage services for the City, is leading that task force. In a phone interview with the Other Press, McCullough said the calls to action are vague directives, and his taskforce must determine how those directives could be specifically applied in New Westminster. That might include changing or removing the Begbie statue, he said, but the process has just begun and it's too early to say for certain.

"The Begbie statue may come up. Now, we haven't entered into the process saying 'we're going to tackle the Begbie statue.' We've basically entered into it with an open mind," he said.

McCullough said the City has received some public feedback about the Begbie statue, in the Truth and Reconciliation New West report and, more

recently, in e-mails from the public, so it's likely his taskforce will explore options for the statue, but much more community consultation is necessary before the taskforce makes any recommendations about the fate of the statue to city council.

"We have had people reaching out to us around the Judge Begbie statue, some in defence and some against it, so there would need to be a fairly open and free conversation about what the potentials for it could be," he said.

Any action the City might take in regards to the Begbie statue must be supported by one of the Calls to Action, according to McCullough, who added that he has only begun detailed study of the "Calls to Action" document. He gave the 47th Call to Action as an example of one that might support changing or removing the Begbie statue, but he said that was only hypothetical and the taskforce has yet to make a final decision. The 47th Call to Action asks all levels of government in Canada to "repudiate concepts used to justify European sovereignty over Indigenous peoples and lands."

McCullough said some of the feedback the City has received by email about the Begbie statue doesn't call for removal of the statue.

"It's been along the lines of wanting to present a more open and balanced perspective on the Judge Begbie legacy, like maybe installing something with the statue that comprehensively interprets the situation and the environment Judge Begbie was working within, and maybe having another piece that goes alongside it, that is just as significant as the statue, to balance out the story," he said. "That was an idea that was put forward by a community member, and by no means is it something that [the taskforce is] acting on but it was just a thought that came forward."

Mennill said she is in favour of keeping the statue in place.

"[Removing the Begbie statue] does not erase his role in colonizing British Columbia, nor does the removal of any statue erase any racist, colonial, or otherwise oppressive acts. Silencing the past does not reconcile the subjugation that Indigenous and otherwise racialized peoples have endured in our complicated history," she said. "We need to elevate the truths of these encounters and work towards commemorating and celebrating Indigenous peoples in our efforts at Truth and Reconciliation. I would like to see statues celebrating Indigenous justice and activism alongside the one of Judge Begbie."

The taskforce has a rough deadline to present recommendations to city council by the end of 2017, according to McCullough.



Photo via aboriginalneighbours.org

Tens of thousands attend march for reconciliation

> Gregor Robertson proposes Indigenous names for several landmarks

Katie Czenczek
Staff Writer

Tens of thousands of people joined the 2017 Vancouver Walk for Reconciliation on September 24.

The weather was clear and sunny, setting the stage for the march. Starting at Queen Elizabeth Plaza on the corner of West Georgia and Cambie Street, the opening remarks set the tone for the rest of the day. Speakers talked about the horrors of residential schools and their impact on Indigenous people. Speakers also spoke of honouring missing and murdered Indigenous women. They also talked about how it is up to the government, religious groups involved, and Indigenous people to right the wrongs of the past and present.

"*Namwayut*," or "we are all one," was a phrase put to action as people from all backgrounds joined the walk down the Georgia Viaduct to Strathcona Park. There were individuals who brought families and friends with them to march,

“ I am inspired by the idea that eight out of ten Canadians want to reconcile with aboriginal people.” Robert Joseph, Gwawaenuk elder

along with partners and other groups such as VanCity Credit Union and the Canadian Union of Public Employees.

Rebecca Hope, a UBC student who attended the march, said in an interview with the *Other Press* that she marched to “acknowledge the hurt that’s been done [to residential school victims and their families] and move forward.”

After the two-kilometre walk, there was an expo at Strathcona Park where performances and speeches carried out on the main stage while people could walk around from booth to booth. There were cultural and children’s activities, along with artisan markets and community booths.

Mayor Gregor Robertson took

to the stage to announce that the City of Vancouver will hang the flags of the Musqueam, Squamish, and Tsleil-Waututh in the city hall council chamber “as a formal recognition that we are on unceded lands and that their flags belong in our chamber.” He also proposed to name the Queen Elizabeth Plaza and Vancouver Art Gallery plaza in honour of the Musqueam, Squamish, and Tsleil-Waututh people. There would be indigenous art presented at the gallery’s plaza as well.

Following Robertson’s announcement, Sawagi Taiko performers combined dance, song, and drums before Chief Robert Joseph gave a speech thanking everyone

for participating in the events.

Joseph, a Gwawaenuk elder, is the founder of the Reconciliation Walk and a former residential school student. He discussed the importance of everyone coming together “to think about and reflect on our past. And remembering some of the really difficult shortcomings we have had as a country and as a nation. I am inspired by the idea that eight out of ten Canadians want to reconcile with aboriginal people.”

The expo closed with Emmanuel Jal getting everyone up to dance and participate in the events.

Joseph’s granddaughter, Stephanie, said in an interview with the *Other Press* that the march was a powerful experience.

“It’s quite liberating. There’s a lot of words for how it feels. I’ve always known about residential schools and I never thought I’d see the day where we’d march in unison and acknowledge these things but also acknowledge our differences and love each other the same,” she said. “It’s powerful and empowering.”

DSU hosts meet and greet for international students

> Evening included games, food, shared stories

Jake Wray
News Editor

Leaving family behind and traveling across the globe to attend school in Canada is a difficult journey for some international students.

The DSU hosted a meet-and-greet party to welcome international students on September 27. Some international students spoke to the crowd about their experience at Douglas College so far. There was free food and games including Jenga and pool, and there was a white board where students

could weigh in on questions such as “Do you think tuition fees are high?”

Rickeval Alova, a 23-year-old who traveled from the Philippines four months ago to study global banking and economics at Douglas College, said in an interview with the *Other Press* that he was one of the first people to arrive at the DSU party. He said he feels homesick in Canada despite living with his aunt and uncle.

“I live with my uncle and my aunt, so the vibe of having a Filipino family is still there, but you ... still miss your family in the Philippines,” he said, adding that he was grateful for the chance to meet new

“ It was a good experience,” Rickeval Alova, international student from the Philippines

people at the DSU party. “I think of it as an opportunity to widen up [my] network and learn a lot from other people.”

Alova said he made some connections at the party.

“I met a few people,” he said. “Asked what their programs are, played a few games. It was a good experience.”

People in Canada are welcoming and friendly, according to Alova.

“Every time you wait at the bus stop within your community, you can easily talk with them, like ‘How’s your day going?’ They’re really open. They’re really good

at sharing with other people,” he said.

Alova said he is constantly on the lookout for opportunities to get involved and meet new people at Douglas College.

“As much as possible I want to join different activities, so I started off last semester joining clubs,” he said. “I just joined the DSU hip-hop club.”

The DSU thanked attendees in an Instagram post following the party.

“Thank you for sharing your stories with us,” the post said. “We are going to take your feedback to find ways to better support our international members.”

Bear sighted near Coquitlam campus

> Garbage attracts hungry animals

Colten Kamlade
Staff Reporter

Once again, a bear has been sighted near the Coquitlam campus of Douglas College. The college website posted the warning on September 22, but the bear was first spotted a few weeks prior.

Michael McPhee, a Geography and Environment instructor at Douglas College, commented on the presence of the animal in the area in an interview with the Other Press.

"[Bears] typically avoid people," he said, "but bears in this area are becoming habituated to [humans] over time."

On the subject of how to decrease the presence of bears near the school, McPhee said, "They are looking for food, so not leaving food wrappers or scraps of food around outside the campus is important. The college could possibly look at replacing outside garbage bins with bear safe ones with locking lids."

McPhee also advised students on how to stay safe.

"If someone sees a bear, head in a different direction away from the bear, walking normally," he said.

The time of year also plays a part in the bear's behaviour, according to McPhee.

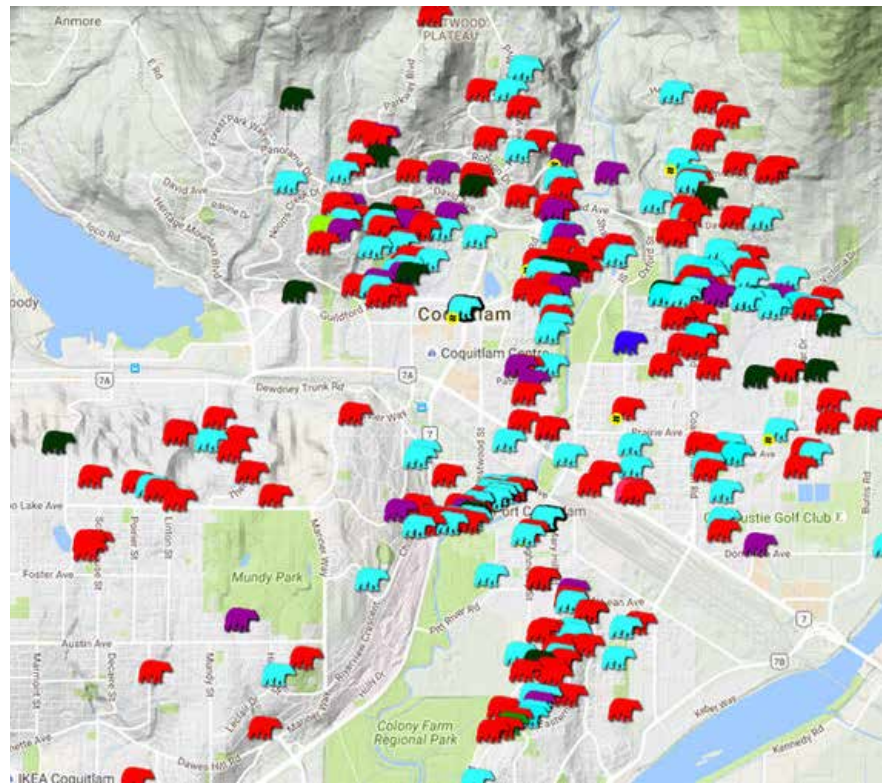
"They are hungry and as the weather cools they are likely wanting to bulk up for the coming hibernation," he said. "There is likely to be more bears around Hoy Creek as the salmon return to spawn and then die. Bears love salmon. If walking along the trail near the creeks make sure you make noise as you walk. Some people carry bear bells on their packs or bags."

Hoy Creek runs along the walking trail that is located behind the Coquitlam campus of Douglas College.

Frank Ritcey, provincial co-ordinator for WildSafeBC, a conservation group, said in an interview with the Other Press that Douglas College should "ensure that all garbage on campus grounds is collected before nightfall or is stored in bear-resistant bins." He added that students should "keep safe by being on the lookout for bears and keeping your distance from them. If you see a bear, don't scream, and don't run—remain calm and back slowly away from the bear."

Coquitlam is no stranger to bear sightings. Last year there were 478 black bear sightings in the first 19 days of September, according to a report by 24Hrs Vancouver. Most of these incidents were caused by bears attracted to garbage that had not been properly disposed of.

“ If you see a bear, don't scream, and don't run—remain calm and back slowly away from the bear.” Frank Ritcey, provincial co-ordinator for WildSafeBC



This map shows the number of sightings in Coquitlam and Port Coquitlam since Sept. 1, via BC Conservation Foundation



Ideas



Community



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- ✓ The new age of adult animation
 - ✓ 'Survive: Escape from Atlantis' board game review
 - ✓ Gallery seeking student submissions
- And more!

'Amazonia: The Rights of Nature'

> Open until January 28, 2018

Katie Czenczek
Staff Writer

A *amazonia: The Rights of Nature* is the first exhibit I've been to that encourages you to kick off your shoes and lie in a hammock as you take it all in. However, the exhibit is anything but mellow and it's clear in its message: Everyone living on Earth has a responsibility to stop the destruction of the Amazon rainforest and its inhabitants before the damage is irreversible. Located in the O'Brian Gallery at UBC's Museum of Anthropology until January 2018, the exhibit surges to life with the sounds of the Amazon.

Before entering the exhibit, the Constitution of Plurinational State of Ecuador is displayed, calling on people to demand governments "to enforce the rights of nature."

Amazonia has two entrances, depending on which door you enter from. At both beginnings, there is a white wall with bold black letters relaying facts about the Amazonian area. The exhibit either starts with the breakdown of the nine countries and their policies regarding the environment and Indigenous rights, or with facts about the species of plants and animals and the numbers of languages spoken by Indigenous peoples in the region.

Harrowing statistics about the treatment of Indigenous people and the industries that are the cause of deforestation bridge the gap between either beginning the observer starts with. The way these facts are displayed is jarring, and it conflicts with the rest of the exhibit. They are cold, empty

words that strip the Amazon of its life. I think that this was done to pair with the truth that the words hold.

In comparison, a seamless "soundscape" created by Diego Samper highlights the diverse life found in the Amazon. The piece is an amalgamation of Indigenous music, storytelling, and ceremonies, combined with the sounds of animals found in the dense jungle. In a blurb found on the wall of the exhibit, the quote "all chants are a single chant" can be found. Almost creating a steady heartbeat with the combination of sounds, the piece paired with the photographic videos Samper also created brings the entire space to life. Not only does it enhance the exhibit, but it also highlights the beliefs of people in the Columbian Amazon that the Earth itself is alive.

Moreover, both contemporary and older pieces of art and culture are displayed in the middle of the gallery from the various peoples that inhabit the Amazon region. A headdress made of vibrantly coloured bird feathers from the Mebêngôkre is paired with the history of these people, including how a dam built in Brazil destroyed their way of life. Numerous relics and artifacts follow this pattern of showing that the art was a group's connection with nature and displaying the beauty in that connection, only for the link to be severed by settlers destroying the regions where people have lived for thousands of years.

This exhibit is both beautiful and painfully honest as it depicts the events that are still taking place in South America. It has the potential to make people care about a region and the various cultures around it that normally would not be thought of.

A hero in another way

> 'Stronger' film review

Jerrison Oracion
Senior Columnist

★ ★ ★ ★ ★

Earlier this year, the film *Patriots Day* focused on the people who tracked down the Tsarnaev brothers, the men behind the Boston Marathon bombing in 2013. Now, there is another film about the bombing that focuses on the true story of one of the victims, who has also become the face of the bombing: *Stronger*.

Jeff Bauman (played by Jake Gyllenhaal) is a meat worker at a local Costco in Boston who raises money for his girlfriend, Erin Burley (Tatiana Maslany), to run in the Boston Marathon. At the last minute, he attends the marathon to support her, and there he experiences the moment that would change his life forever, as he is caught in one of the explosions and loses both of his legs. After the bombing, he begins to recover and walk again.

Director David Gordon Green is known for making dramas and comedies. This time he has crafted a serious film about a man who has to go through a lot of hard times as he recovers, though Green puts comedic moments before and after Bauman loses both of his legs. Like *Patriots Day*, *Stronger* shows how special the Boston community is, and how everyone in the city is

very supportive of their local sports teams including their beloved Boston Red Sox. The scene where Bauman waves a flag during a Boston Bruins playoff game was actually filmed in TD Garden with an actual audience after a Boston Bruins game.

Around the time the bombing happened, many people in the media said that Bauman was a hero because he gave the FBI information about the Tsarnaev brothers behind the bombings. In the film, Bauman does not want to be called a hero or to receive the public's pity. This causes a rift between him and his mother, Patty (Miranda Richardson), because she wants him to receive a lot of attention, which he does not want. The second half of the film shows how he inspires a lot of people outside of the bombing. Even those who serve in the military and have lost limbs have been motivated by his story, even though Bauman himself was not in the troops.

There were a lot of great performances from everyone in the film, and this might earn Gyllenhaal a Best Actor nomination in the Academy Awards next year.

The film is now in theatres everywhere.

If you'd like to learn about the Boston Marathon bombing, I recommend watching *Patriots Day* and *Stronger* back-to-back when the latter is available on DVD and Blu-ray. You can see how Bauman inspired a lot of people because the event made him and everyone else stronger.





Image via Warner Bros. Pictures

Losses hit Hollywood hard over poor summer

› Major studios and theatres crippled by low ticket sales

Greg Waldock
Staff Writer

This year was brutal for Hollywood as the box office saw the worst summer in 22 years. Major film studios suffered blows as movies underperformed, sometimes radically, and a few blockbusters were postponed until the fall. Movies such as *Pirates of the Caribbean: Dead Men Tell No Tales*, *The Lego Ninjago Movie*, *mother!*,

Baywatch, and *King Arthur: Legend of the Sword* saw large drop-offs in ticket sales after their opening weekends, with *Ninjago* particularly failing to bring in audiences despite its mainstream appeal and large budget. As an independent film, *mother!* anticipated low sales with a niche audience but still undersold.

The poor performance has been harsh on theatres. According to *Variety*, the four largest theatre chains in North America together have shed \$1.3 billion in value

since August, with analysts saying there's little chance of improvement for the next quarter. Canada's Cineplex also declared an extremely poor season and will be lowering ticket prices in the fall to attract new customers. Independent studios are also being punished hard, particularly Luc Besson's EuropaCorp, whose *Valerian and the City of a Thousand Planets* cost the fledgling company tens of millions. The poor year may spell trouble for Vancouver's slowing film industry as

particularly expensive blockbusters, most noticeably *Deadpool 2* and an unnamed *The Lego Movie* sequel, prepare for release within the next two years. Both movies are risk-takers, with very few R-rated action movies or stop-motion/CGI animations ever doing well historically until the last few years. Studios and theatres alike are watching their franchises carefully as an even slower third quarter looms for the industry.

Green room: Audition time

› Dos and don'ts of a solid audition

Rebecca Peterson
Assistant Editor

Auditioning is easily one of the most stressful aspects of performance. It's essentially a job interview, only a job interview where you're asked to sing, dance, and act in front of a small panel of stone-faced judges. For those new to the process, there are certain pitfalls that you might not realize you're stumbling into, as well as a few easy ways to make yourself stand out from the crowd. Here's some quick and dirty advice for even the most intimidating of auditions.

Do: Research the company you're auditioning for, as well as the show itself. If the company prides itself on modern interpretations of classic material, that's something you'll want to know. If the company holds to traditionalism, that is something you'll want to know! Just as you'd research a job you're interviewing for in the "real" world, you should know what you're auditioning for and what the company might want to see from you. Imagine trying to audition for *Kate Monster* from *Avenue Q* with no idea of what the show's about, or who *Kate Monster* is. Make sure to arm yourself with knowledge before you walk through that audition room door!

Don't: Undersell yourself, or make excuses. This is, quite frankly, the most rookie of rookie mistakes, but it's unfortunately

common. The people auditioning you don't want to hear about how nervous you are, or how you're just getting over a cold, or how the material you were *going to* do was your absolute best but the dog ate your sheet music—no one cares! At best, you're making the people you're trying to impress wonder if you're going to be able to carry yourself onstage at all; at worst, you'll make them feel like you're trying to manipulate them by setting them up for a bad performance when you're obviously capable of doing well. Let your audition speak for itself, good or bad.

Do: Take risks!

One of my favourite audition stories comes from a friend of mine, who was once asked during an audition to act as if a tsunami was bearing down on him. Others going through the audition cowered, wept, or looked frozen in panic—my friend looked over his shoulder, screamed, and ran into a wall. He booked the role. The audition room is where you lay everything out for your audience—directors often would rather work with someone they have to dial back, rather than someone they have to work hard to drag a big performance out of.

Don't: Take TOO many risks (when singing)

For theatre, even musical theatre, your audience's main concern is how you emote and how you get the story across. Many mediocre singers have managed to carry their career on the back of how well they



perform. Choose a song that shows off your acting abilities, rather than how technically well you can sing. If you choose a piece that's wrapped up in vocal tricks and octave jumps, you'll likely be more concerned with hitting the notes than showing character in the performance. Focus on a piece you're comfortable with, and polish it until it shines.

Do: Be polite and friendly, and thank the auditioners for their time. A good rapport goes a long way. You don't have to try to charm the auditioners—just be honest and polite, and demonstrate that you're willing to take criticism. Often an auditioner will ask you to go through a line of dialogue again with a different tack, just to see how well you take direction. This is not a time to stick to your guns! Show them that you're malleable and easy to work with. A good attitude can

sometimes book the role over star talent.

Don't: Hit on the auditioners, for the love of God. I wish I didn't have to put this one on here. I volunteered as a casting assistant for an indie project several years ago. I was leading an actor back to the green room after a pretty decent audition when he turned to me, dialed up what I imagine he thought was his charm, and told me I was beautiful and that we should catch dinner sometime. I was so stunned I had to retreat back to the audition room before I could bring the next actor in, where I promptly collapsed into a fit of laughter. Needless to say, he didn't get the part.

Overall, you can't go wrong if you show off you're honest, confident, and you know your material. Break a leg!

The new age of adult animation

> New tropes for a new generation

Mercedes Deutscher
Social Media Coordinator

Up until the last eight years, adult comedy was more or less the same. I'm sure at some point over their life, everyone has seen an episode of *The Simpsons*, *Futurama*, *Family Guy*, *American Dad*, or *South Park*. These titles shared similar tropes—they starred buffoon characters with little concern on how their actions affected the people around them. Hell, Seth McFarlane put out three shows with the exact same story (idiot dad, attractive wife, misunderstood older daughter, naive son, diabolical baby/fish, sharp-witted creature of some sort). Two of them are still airing.

These series focused on topical issues of the time in the name of social commentary. Some shows occasionally have even done a good job of it. *Family Guy* once had a great take on atheism. Same with *King of the Hill* and voting. *South Park* has hit the nail on the head countless times. But for countless other episodes, time has not been kind to these episodes as they fade into irrelevancy.

So where do newer titles fit in to the adult animation spectrum?

Rick and Morty. *Bojack Horseman*. *Archer*. *F is for Family*. *Bob's Burgers*. These are all animated series intended for mature audiences. They have all been released since 2009. They have all accrued a large and growing fan base.

These titles are challenging the way we view adult animated comedy and break the tropes that we've grown to expect from the genre.

For one, some of these shows tackle different stories completely. *Archer* is set in a controversial spy agency and *Bojack Horseman* is set in celebrity culture. Others build on the settings that have already been used. *Rick and Morty* combines the family trope with sci-fi. *Bob's Burgers* features a



Image via Fox Broadcasting Network

family business run by a family that is actually fairly functional. *F is for Family* takes place in the '70s and criticizes the past in an entertaining way.

The characterization in these newer shows is fantastic. Time seemingly moves forward. People have real aspirations and don't remain static in time. You see actual development that lasts.

Gone is the cookie-cutter housewife. Instead we have strong women. We have badass working moms in environments where men tease or discourage their work. They are smart, socially conscious, and unafraid to stand their ground. Women who are afraid, nervous, outrageous, and even diabolical.

Male characters are written with more depth. Rick Sanchez is a genius, even if his intelligence comes at the expense of his morality. Fathers who sometimes make the wrong choices, but ultimately want the best for their family. *Bojack* and *Archer* are assholes, but not without reason—they are flawed characters with complicated childhoods and access to pretty much anything they want.

While past shows seemed to cater to the lowest common denominator, newer shows tend to balance ridiculous comedy with heavy themes. They still touch on social commentary, but with more range than in the past. Depression and hopelessness are common themes,

and it resonates hard with millennial audiences who often feel the same. These shows tackle sexism, racism, abuse, and countless other issues on a consistent basis. They also don't make a huge deal out of topics that were previously considered taboo.

Audiences no longer need silly families or groups to laugh at. They need someone who feels the same as they do. What was missing was the aspect of what makes us all human. We relate to an anthropomorphic horse and a wild scientist because they remind us of ourselves. Maybe it's not always in the best ways, but these traits are traits shared—and it hits hard.

Chairman of the Board: I hope you can swim

> 'Survive: Escape from Atlantis' board game review

Ed Appleby
Contributor

★★★★★

What is it with board games and sinking islands?

Survive: Escape from Atlantis! (2011) is a grid-based adventure game for two to four people designed by Julian Courtland-Smith and published by Stronghold Games. In the game, players attempt to save their coloured meeples, which are secretly scored from one to six points, by getting them off of an island that is slowly sinking by either swimming or taking a boat. Meeples are vulnerable to sharks, whales, and sea monsters that other players may use to destroy fellow players' pieces. The player who saves the highest point value of their people at the end of the game wins.

The game was originally released as just *Survive* in 1982, and in 2011 it

was merged with another game *Escape from Atlantis* (1986). The two games had similar grids and gameplay, with only some minor differences in the rules. The newest release combined the two games favouring the *Survive* rules, but still has the ability to be played with the *Escape* rules too. As far as I can tell this is the only case I can find of two games being combined like this, barring homebrew mashups like *Zombies: Mall Madness* or *Telestrations against Humanity*.

Unlike a lot of other sinking island games, *Survive* is a lot more competitive and requires a little more strategy. Though the play is simple it's going to take some serious moves in order to win, including saving other players pieces in order to win them to your side. This gives the game a more interactive element on all turns.

All in all, I found the game okay. The game mechanics are fun and engaging with a lot of strategy and psychology, but nothing about it really jumped out at me.



Illustration by Ed Appleby

Gallery seeking student submissions

> Upcoming exhibition calls for student and employee artists

Caroline Ho
Arts Editor

Have you ever dreamed of seeing your artwork hanging on the wall in a gallery? Now's your chance: The Amelia Douglas Gallery will be holding an employee and student exhibition early next year, and they're seeking your submissions. Titled *past present future*, the upcoming show will be running from January 12 to February 24, 2018, and will feature the work of current students and current and retired employees of Douglas College. All students, from any areas of study, in any artistic medium, and at any skill level are welcome and encouraged to submit by the November 17 deadline. The Amelia Douglas Gallery holds a student and employee show every two to three years. However, the upcoming show will be the first time it's open to retired employees as well. According to Douglas College Arts Events Coordinator Krista Eide, who spoke to the *Other Press* over the phone, the title *past present future* comes from this idea—celebrating the artistry of retired employees (past), current employees (present), and students (future). "From students' life, all the way through work and then retirement, [this exhibition is about] what we're teaching each other and we're learning from each other at every stage," said Eide. The last edition of this in-house show, *Avocations*, was held in late 2015. The exhibition explored the question of "Who are we when we're not at work?" as stated by the show's program, embracing the creative side that some people might not get to show in their day jobs or classes. *Avocation*

featured paintings, photography, ceramics, book-bindings, painted rocks, and other forms of artwork by 20 Douglas staff and students. For the upcoming *past present future*, Eide and the gallery's Art Exhibit Committee hope to see a lot of students submit their work, no matter how professional or not they consider themselves. Participating in the show is a rewarding experience, and not just for the thrill of seeing your work hanging on the wall of a gallery, Eide told the *Other Press*. The exhibition will also have an opening reception where artists have the chance to meet and interact with other creative individuals in the Douglas community, people who they might not have otherwise interacted with or realized shared a passion for art. The exhibition will also provide an opportunity for artists to advertise their works for sale, if they wish to do so. Anyone who is interested in submitting art for *past present future* simply needs to send in a short statement about their role at Douglas and their art, and a maximum of three images of artwork. If accepted, the Art Exhibit Committee will choose one to three works to exhibit, depending on the size of pieces and the space, although for small pieces such as jewellery, artists may have the opportunity to include more. Full details on how to submit can be found at <https://www.douglascollege.ca/about-douglas/groups-and-organizations/art-gallery/submission-guidelines>, and the Committee will do its best to include as much artwork as possible. "We want to encourage everyone to apply and don't think that their work isn't good enough, because it's about celebrating creativity of our employees, students, and retired employees," said Eide.



Guidelines: <https://www.douglascollege.ca/about-douglas/groups-and-organizations/art-gallery/submission-guidelines>

Deadline: November 17

Art by Kathleen Kanton Tonnes

'Contribution: ACNW Volunteer Exhibition' opens at Queen's Park

> Appreciating artistic contributions of volunteers

Caroline Ho
Arts Editor

On Wednesday, October 4, the Gallery at Queen's Park will unveil its latest exhibition, in celebration of the hard work of community volunteers.

Contribution: ACNW Volunteer Exhibition will feature the artwork of volunteers Robin Chui, Julie Epp, Steve Holmes, Randy Quickfall, Barb Webb, Betteanne Wilson, and Kat Vedah, all of whom generously contribute their time to the Gallery in various ways.

The Gallery is located at Centennial Lodge in New Westminster's Queen's Park, and is only about a 20-minute walk or bus ride away from the Douglas College New Westminster campus. Admission is free, so it's a great place to visit if you have a bit of time before, after, or even in between classes.


Exhibitions at the Gallery usually run for about a month, with 11 exhibitions per year. The previous show, which ended last Saturday, featured the work of Tajah Olson, an artist and dancer born and raised in Malawi and currently based in Vancouver. Her exhibition

My Face My Canvas presented a thought-provoking examination of the complex construction of identity.

The Gallery at Queen's Park is run by the Arts Council of New Westminster, a non-profit organization that promotes visual, performing, and literary arts in the community. In addition to art exhibitions, they also run various musical and other performances, movie nights, craft markets, festivals, and other local events. The space of the Gallery serves as an artistic hub for New Westminster—a hub that would be unable to function without the efforts of its volunteers.

As described by the exhibition statement, the volunteers' contributions "not only make the daily operations of the Gallery possible, but their passion for the Arts enriches the environment of the Arts Council."

The *Contribution* exhibition will hold a free opening reception on October 4 from 6 to 8 p.m. The Gallery's regular weekly hours are from 1 to 8 p.m. on Wednesday and 1 to 5 p.m. on Thursday through Sunday, and it is closed on Monday and Tuesday. *Contributions: ACNW Volunteer Exhibition* will be on display until October 29.



ARTS COUNCIL
of NEW WESTMINSTER

Presents

**"Contribution - ACNW
Volunteer Exhibition"**
October 4 - 29, 2017

Opening Reception:
Wednesday October 4, 2017,
6-8pm

**The Gallery
at Queen's Park**
Wednesday: 1-8pm
Thursday - Sunday: 1-5pm
Monday - Tuesday: Closed
ACNW.CA | @ArtsCouncilNW

**The Gallery
at Queen's Park**
Wednesday: 1-8pm
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Image via Arts Council of New Westminster

- ✔ What's in a name?
 - ✔ Tears bring tears
 - ✔ Royals men's soccer lose to 10-man Blues
- And more!



Photo by Davie Wong

Turkey for Thanksgiving? How about some Falcons?

> Royals WSOC prep to take on Langara Falcons

Davie Wong
Sports Editor

By the title you probably know what's coming. I'm going to roast the Falcons... kind of. Week five of PACWEST soccer is the famed Thanksgiving derby between the Douglas College Royals and Langara Falcons. Though last year the Falcons were flying high and mighty, this year, the Royals are the ones on top.

Coming into the weekend, the Royals sit atop the PACWEST conference with a record of 4-2-1, and 13 points. Langara is third with a record of 1-1-5 and eight points. Big difference. The catch? The Falcons' first and only win was against the Royals last Wednesday night. There will be some added animosity this year as head coach

Rae Pelat returns to face her former team.

The two teams will face off in back-to-back games this weekend. The key for the Royals will be their offence. After it stalled against the Falcons last time, due to some very good plays by Sydney Bell, the Royals will be looking for a repeat performance of their 4-1 thrashing of the Capilano Blues.

As always, Mikayla Hamilton will be looked to as the offensive sparkplug. The speedy Hamilton has made all the difference for the Royals this year, only scoring three goals but having a huge presence and assisting her team offensively all over the field. An x-factor for the team this year has been Martina Pettenon. The young midfielder has operated in the number 10 role this year (attacking centre-mid for those unfamiliar with soccer jargon), taking over the role left by the injured Andrea

Perrotta. She's really come onto her own this year adapting well to PACWEST soccer. When involved she's a huge difference-maker. Getting her involved has been a bit trickier.

In the midfield, Taylor Wettig and Michelle Wessa have been unspoken heroes for the team. Taylor in particular doesn't get too much attention, but like the ideal midfielder, she's there when she needs to be and applies a huge amount of pressure off the ball with her smart positioning and play. Wessa on the other hand has been a defensive workhorse. There's no header or tackle that she's not contesting in the midfield. She is the rock of the Royals, and the team will be looking for her to close out the Langara offence.

Defensively, the big question mark is on who will be in between the pipes. With Alexa Gazzola rumoured to be coming back from injury, will she get

the start right away? Or will Nicole Scott play the first game to ease Gazzola back into the team? Gazzola is easily the better of the two keepers, but Scott has earned her fair share of play time, looking strong but not amazing in net for the Royals in Gazzola's absence.

On Langara's side, the team will need to watch out for Giulia Repole, who's been on fire as of late. Sydney Bell will also prove a challenge to overcome, but honestly, there shouldn't be a keeper that the Royals can't solve.

The Royals should be coming away with at least 4-6 points this week. While Langara have been mediocre, they haven't been good. Their recent loss to the Quest Kermodes does nothing to convince spectators otherwise. But the Royals should be careful still. A cooked bird can still burn if mishandled.

What's in a name?

> Petition circulates to change SFU's team name

Jillian McMullen
Staff Writer

There has been an online petition circulating recently among staff and students across the SFU campus. The petition started with Holly Andersen, a philosophy professor at the school, who is aiming to change the school's sports team name from the "SFU Clan" to something less "offensive."

In the Change.org petition, Andersen states "clan" sounds the same whether spelled with a "c" or a "k", and she claims this phonetic similarity cites, albeit unintentionally, a dark moment in history. "This is not a history we can just wish away by saying, 'but that's not what WE mean by it!' We don't get to decide all by ourselves what words mean," the petition reads.

"SFU Clan" is meant to honour the man for whom the school is named after and his Scottish heritage. A "clan" is a group of people who unite together under actual, and sometimes symbolic, lineage. However, the petition argues that because SFU is the only Canadian school in the NCAA and often competes in the US, the school must recognize that the word connotes the country's history with the KKK, especially in light of the recent protests and counter-protests in Charlottesville, Virginia.

"We disrespect our competitors, especially, but not only Black student athletes, by forcing them to play against a team named the 'Clan,'" Andersen writes in the petition.

As of the writing of this article, the petition has over 400 signatures.

So, what does this kind of logic mean for Douglas athletes and the Royals? According to New West's tourism website, the city received its nickname—the Royal City—from being named after Queen Victoria's favourite place in London, Westminster. And this is supposed to have inspired the name for our sports team.

While the Douglas College team name is the "Royals," any member of the Royals is said to be part of the "Pride." Similar to the meaning behind "SFU Clan," this is meant to create a feeling of family between athletes.

The Royals namesake is obviously less problematic than SFU's but definitely alludes to a colonial past. Canada has its own political debates taking place, so the question remains: Whether Canadian athletics should be subject to the American political climate, or not. While this is a difficult question to definitively answer, it is evident from the more figurative meanings behind the team names, sports in post-secondary are not meant to be divisive but are rather meant to create a sense of community between students.



WOMEN'S SOCCER

INSTITUTION	CONF	PTS
DOUGLAS	4-2-1	13
VIU	2-2-4	10
LANGARA	1-1-5	8
CAPILANO	1-1-4	7
QUEST	1-3-2	5

MEN'S SOCCER

INSTITUTION	CONF	PTS
VIU	6-1-1	19
CAPILANO	4-2	12
QUEST	2-3-1	7
DOUGLAS	1-3-2	5
LANGARA	1-5	3

Cresting past September

> Royals women's soccer wraps up first month

Davie Wong
Sports Editor

Week four of PACWEST action started early for the Douglas College Royals women's soccer team as they took on the undefeated Langara Falcons on Wednesday night. The term "undefeated" has to be used lightly here, as the Falcons had yet to win any games, but they had also not lost any games.

If that wasn't intriguing enough, there was more to the match. Former Royals assistant coach Rae Pelat is now the head coach of the Falcons, and this was their first time matching up. To greet her, the Royals peppered the Falcons with shots. They launched a total of six in the direction of the Falcons' net in the first half but Falcons keeper Sydney Bell was solid. On the other end, although they only got two shots on net, Rhitti Lakhapal buried her's and gave the Falcons the 1-0 lead just before the half.

Determined to get the result, the Royals came back out with intensity, making several threatening runs. However they were denied at every angle by Sydney Bell, who would end up make 13 saves on the night. While the Falcons wouldn't score either, the earlier strike would prove to be the game winner.

Despite the tough loss, the Royals' week was just getting started. Next up was the ever-persistent Capilano Blues. Hungry for the Royals' spot at the top, the Blues and the Royals have had some history as of late. While the Royals knocked out the Blues en-route to a CCAA Bronze medal last year, the Blues have had the most recent of victories, taking a 2-1 decision earlier in the month.

Similar to their battle against Langara, the Royals controlled the game from the opening minute. However, the Capilano Blue line was strong, and held

off most of the Royals' attacks. The home squad found their opener after captain Sam Kell beat her mark and raced down the sideline. She fed the ball to a wide open Sonali Dholliwar who smashed the ball into the top right hand corner to open the scoring.

10 minutes later, the Royals would go on the attack again. Mikayla Hamilton, racing past her marker, sent the through ball past the trailing defenders to a crashing Sneha Sandhu. The pass was perfect and Sneha just tapped the ball into a wide open net for the goal. 2-0 Royals.

However, the Blues wouldn't be put away so early. Claire Ye would grab one back with an arching shot in the 38th minute. That goal would be the last in an exciting first half but definitely not the last in the match. Five minutes into the second half, the Royals got their second half marker of an excellent goal from Martina Pettenon.

20 minutes later, Mikayla Hamilton would get her name on the score sheet with a beautiful breakaway goal, tucking the ball away behind a lunging Brittney Roussy. Her marker would be the last in an exciting game. The Royals would walk away with a statement 4-1 win.

Despite the big win, head coach Chris Laxton believes his team can still be better. "In the first 30 minutes, I think we were missing that last 10 per cent—those habits that make top teams, top teams. Then we got a great goal and started building off of that. Overall, we're getting closer to our peak, which is where we need to be. Win, loss, or draw, we learn from it."

With the win, the Royals top of the PACWEST table with a record of 4-2-1 and 13 points. They are trailed by VIU who are three points behind them. The Mariners do have a game in hand, so the gap is a potential six points for the Royals.

“In the first 30 minutes, I think we were missing that last 10 percent – those habits that make top teams, top teams. Then we got a great goal” – Chris Laxton



Photo by Davie Wong

Tears bring tears

> Why more needs to be done to prevent ACL injuries

Katie Czenczek
Staff Writer

Sports and injuries go together like a clean car and bird poop. It dawned on me as I sat in the waiting room two years ago with several others my age who all had crutches in tow and a swollen knee: Maybe sports aren't as good for you as everyone believes them to be. It wasn't only the crutches and knees twice the size of what they should be that we five young people shared. All of us had torn our Anterior Cruciate Ligaments (ACL) playing either soccer, football, or basketball.

For those who have haven't had the pleasure of being forced to know what an ACL is, it's a very important band of connective tissue that helps stabilize your knee. It allows you to do a wide range of motions such as pivoting, walking up and down stairs, balancing, and other movements that you will need to be able to do basic life things. Once it's torn in half, as my doctor

told me, it will never be one hundred per cent healed. This is a devastating blow to any competitive athlete. For me, it meant that I couldn't work for a year and still to this day struggle with trusting my left leg.

Although in many cases it only takes one weird collision to cause permanent knee damage, I think that there needs to be more done in order to prevent sports-related injuries from happening. It could be as simple as teaching players how to collide with their opponents without dislocating their knee, or actual strength training to build up thigh muscles and calves before an injury occurs. The only two options for injured athletes is either to be slowly forgotten by their team as their injury takes the time needed to heal, or they get into a Derrick Rose situation where they return to sport way too early only to injure themselves yet again. Teams need to be more diligent in with injury prevention so it doesn't get to that point.



You don't know how they're feeling

Brandon Yip

October 10 marks the 25th anniversary of World Mental Health Day, established by the World Federation for Mental Health (WFMH). World Mental health Day's ultimate goal is to increase awareness and support for mental illness and those living with them world-wide. According to the WMHD 2017 report, one in four adults will experience mental health difficulties. In the workplace, 10 per cent of employed people have taken time off for depression, an average of 36 workdays is lost per depression episode and 50 per cent of people with depression are untreated. Particularly, mental illness has garnered more attention in our society than it has 20 years ago. Celebrities and other high-profile figures such as the Rock, Prince Harry, Jim Carrey, Mel Gibson, Nelly Furtado, Lady Gaga, Demi Lovato and Sia have all disclosed their own battles with mental health issues. In this country, high-profile mental health initiatives such as the annual "Bell Let's Talk" Day have brought the issue of mental illness to the forefront. With more and more people coming out and sharing their stories of mental illness, it gives hope to those suffering in silence—and assurance that they are not alone.

Nancy Keough, executive director for the Kettle Society (which provides services since 1976 to over 3,600 individuals with 26 services, a mental health drop-in and over 200 units of supported housing), says the importance of World Mental Health Day should not be overlooked.

"I think it is very important to have global recognition for a serious health issue," Keough said in an e-mail interview with the Other Press. "Any recognition, education and even acknowledgement is a step in the right direction."

Keough states that stigma regarding mental illness is still present in our society, but steps have been made in trying to make people more aware and become less judgmental to people with a mental illness.

"Society is taking baby steps in the right direction," Keough said. "Our members have identified time and time again that the stigma around having a diagnosis of a mental illness is often worse than dealing with the illness itself. The homeless crisis in Vancouver has helped to bring some of the issues to the forefront. We have a long way to go but I think education is the key."

Sarah Hamid-Balma, mental health promotion director for the

Canadian Mental Health Association BC Division, also believes that World Mental Health Day is an important day to recognize those suffering with mental illness.

"Whether you note or notice awareness days and weeks like World Mental Health Day (October 10) or Mental Illness Awareness Week (October 1-7) or Mental Health Week in May, the point of all of them is to get the media's and public's attention and get people talking about both good mental health and mental illnesses," Hamid-Balma said to the Other Press. "These are topics we simply don't talk openly enough about. Any time is a good time to talk about mental health."

Regarding stigma associated with mental illness, Hamid-Balma believes that progress has been made, but more work needs to be done.

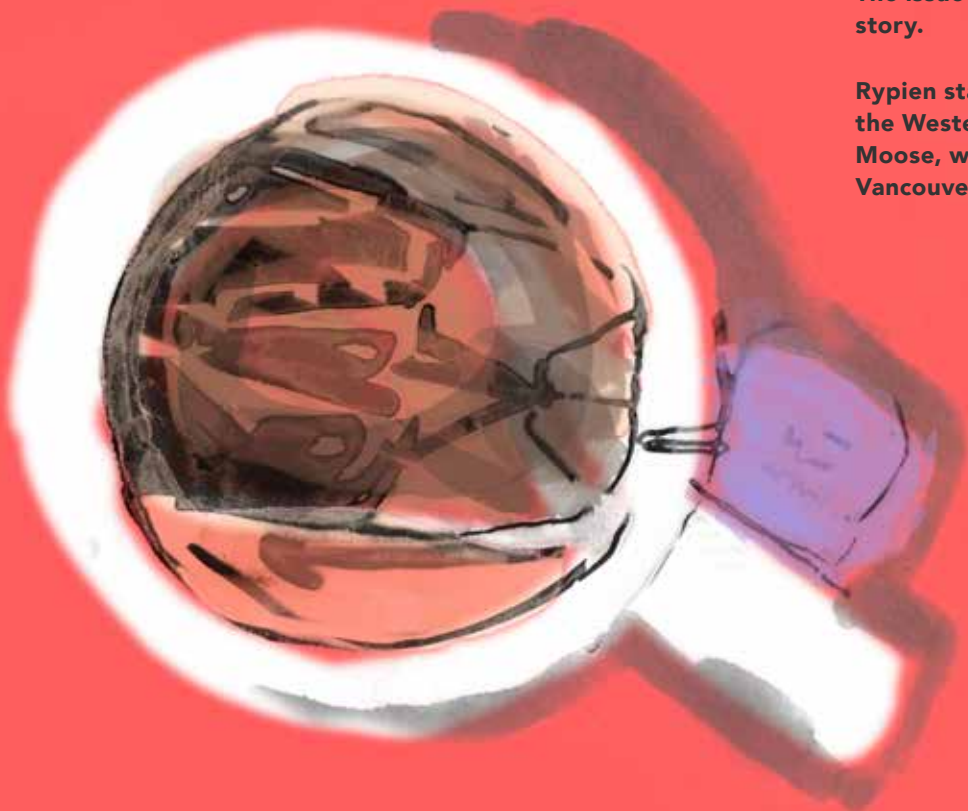
"It's definitely better than a couple of decades ago. There didn't use to be fundraisers for mental health, for one. Actors may have disclosed a personal story, but now you'll hear from many more and more musicians and athletes and politicians and business executives talking about their experience or even leading a campaign to promote awareness."

Moreover, Hamid-Balma believes it is very important for people experiencing mental health issues to gather together and talk openly about what their experiences. "Well, we know that meeting people with an experience of mental illness is the best way to eradicate stigma," Hamid-Balma said. "We also know that we are more likely to seek help if we know a friend or family member got help. So, if you have got help for a mental health problem, and it helped, consider telling one more person. If lots of us did that, the impact would be amazing."

When it comes to professional sports and high-profile athletes, it would seem on the surface that no athlete would be afflicted with mental illness due to the perception that they are "too tough." A broken leg or an ACL injury is just part of the job, but illnesses such as depression or anxiety, which is not visible on the outside, do not seem to be given the same amount of attention as a typical "jock" injury would. Notably, the Vancouver Canucks have played a prominent role in mental health awareness initiatives.

The issue of mental health came to the forefront with Rick Rypien's story.

Rypien started his career playing four seasons with the Regina Pats of the Western Hockey League. In 2005, he was signed by the Manitoba Moose, who were the American Hockey League affiliate for the Vancouver Canucks at the time. The following season, Rypien would



Remembering Rick ‘Ryp’ Rypien on World Mental Health Day



sign with the Canucks. On the ice, Rypien was a fierce competitor. He would drop the gloves and go toe-to-toe with opponents who were beyond his height and weight class. Rypien was a favourite of then-head coach, Alain Vigneault. But off the ice, Rypien was fighting a battle far greater than any fighter he faced on the ice: depression. Rypien, who played for the Canucks from 2005-2010, was granted two extended leaves of absence. Before Rypien's tragic suicide on August 15, 2011, he wanted to help others who were battling through mental health issues as he was. The website mindcheck.ca was created as a resource for people to go to for mental health information, where to go to seek help and other resources. Rypien's teammate and good friend, Kevin Bieksa, would take on the role as team spokesperson to speak about Rypien's legacy and the mindcheck website. Bieksa would speak publicly at schools and hospitals to talk about mental health and his good friend "Ryp." Speaking to an audience back in February 2013 at the Chan Centre Auditorium, BC Children's Hospital, for the 2013 Youth Summit, Bieksa said that it is important to be supportive and understanding if someone you know has a mental health issue.

"Unless you're suffering from depression, you don't know how they're feeling," Bieksa said. "And that's one thing that friends of mine have told me [who] are suffering through the disease is you can't try to understand how they're feeling."

Bieksa also stated that it is important to take action if you know that someone close to you is suffering with a mental health issue.

"As soon as your friend opens up to you, you inherit that responsibility and you inherit that critical role that could end up saving his or her life," Bieksa said during the speech. "Give them the benefit of the doubt, listen to what they are saying and when the time comes, you're gonna have to help them get some help."

Later on, Alex Burrows, would become a mental health ambassador for the team. Bieksa would later be traded to the Anaheim Ducks in June 2015 and Burrows dealt to the Ottawa Senators in a trade back in February 2017. This coming season, the Canucks have announced that defenceman, Ben Hutton, will now be the new mental health ambassador for the team.

Tara Clarke, manager for Community Partnerships with the Vancouver Canucks, believes that World Mental Health Day is an important day for bringing awareness to mental health issues. "It is important that we eliminate the stigma associated with mental illness," Clarke said in an interview with the Other Press. "We need to make conversations about mental health a regular, commonplace occurrence and this

starts with awareness initiatives such as World Mental Health Day. We would like mental health issues to be discussed with the same ease and understanding as we do any other injury or illness. It is not something that should be hidden away. No one should feel embarrassed or ashamed to talk about struggles they might be having. They need to know that there are resources out there and help is available."

From 2014-2016, the Canucks hosted a free mental health youth summit called Balancing Our Minds at Rogers Arena. More than 1,500 youth from around BC spent the day learning about numerous mental health topics and working on ways to reduce the stigma within their communities and beyond. In 2017, Balancing Our Minds went on the road with conferences held in Penticton, Prince George, Surrey, Parksville and Victoria, allowing the messages to reach even more youth in BC.

Clarke also stated the importance of carrying on Rick Rypien's legacy.

"Rick Rypien was a hockey hero, a son, a brother, a teammate, and a friend," Clarke said. "Rick's wish was to support others and help reduce the stigma associated with mental illness by being a spokesperson for this issue. After his passing, the Vancouver Canucks committed to honoring Rick's legacy by telling his story and carrying out his mission to support youth and families struggling with mental health. This is a commitment that we hold close to our hearts and we will not falter in continuing our work in this area."

Ultimately, discussions of mental illness should not be taboo or something to be ashamed of. Big corporate national initiatives such as the annual "Bell Let's Talk" day have brought mental health awareness to the forefront in this country. It seems that public awareness initiatives and recognizing important days such as World Mental Health Day are the steps in the right direction. However, stigma and ignorance regarding mental illness is still there, but awareness, education, and being able to judge less and listen more are keys in removing stigma. And for Kevin Bieksa, the loss of his good friend, Rick Rypien, leaves behind a void.

"He was a great friend," Bieksa had said. "It's still tough to think about not having him around. He wanted to really help out, tell his story [and] reach out and help other people suffering from this illness...I'm carrying on his legacy for him. This is what he wanted."





Photo by Falacci Johnston

Do or die

> Royals men's soccer face daunting situation

Davie Wong
Sports Editor

The coming week of PACWEST soccer action will have some very real significance for the Douglas College Royals men's soccer team. At the moment, the team sits at fourth place in the PACWEST with a record of 1-3-2. Trailing them by two points are the Langara Falcons. In the coming week, the Royals will play the Falcons in a double header. The winner of this double header will be favourites for the playoff spot come the end of the season. With both the Royals and the Falcons having bad seasons, this one is an

odd one. It's not as if both teams have bad rosters; well, at least the Royals don't. For the most part, the Royals have found themselves with a good roster playing poorly. The team has talent, they've just underperformed. In particular, the Royals' offence has been abysmal. They have yet to find a go-to forward to play around. Race Williams has had a tough season, and scoring has been a forethought for him. In fact, there hasn't really been anyone to highlight in terms of offence, that's how scattered it is. But that has also been a benefit for the Royals. It either means that they are threatening from multiple angles, or that their offence is sporadic and unreliable. In terms of defence, the Royals have something going for them there.

Captain Nowaf Binsaleh has done a fine job of organizing and leading the backline for the Royals, and should be fine when they go up against the Falcons. They should keep the Falcons off the board. It's just about where the offence is going to come from. On the other side, the Falcons aren't doing too much better. They really haven't got anything going for them this year. Offensively the team has been bad. They've been shut out four times this season so far. Defensively, it's been worse. They team has yet to have a game where they allow three or less goals. The Langara Falcons have been in an awful state this year. Yet the Royals may still lose to them. The Falcons will be coming into the game against the Royals hot off a win.

Meanwhile, the Royals will be trying to bounce back after their loss to Capilano. Making a prediction as to who will win is a bit difficult. Instead, let's figure out what happens in all the results. If the Royals lose both games or lose and draw, the Falcons will have four or one point(s) on them, and they stand a good chance of keeping the Royals out of the playoffs. If they draw both games, or win and draw, the Royals will still be in a precarious spot in the standings, but will have their own fate left in their hands. If they win both games, the Royals will almost uncertainly knock the Falcons out of playoff contention. No matter the result, this week matters for the Royals. Possibly the most of them all.



Photo by Falacci Johnston

Collapse

> Royals men's soccer lose to 10-man Blues

Davie Wong
Sports Editor

Week four of PACWEST soccer brought a unique challenge for the Royals. Waiting for them were the Capilano Blues, hungry to get even with the Royals after a 2-1 loss to them earlier in the month. The Royals had all week to prepare for the Blues, while the Blues had to choose between the Royals or VIU. Judging from the level of play that came from the Blues, they chose to prepare for the Royals. Going into the game, it's unknown whether the game plan from the Blues was to go hard, or to be reckless. Either way, it showed up. The Blues went hard into tackles, and the referee was quick to reprimand them for it. The Blues accumulated eight fouls in the first 45 minutes of play. In the first 15 minutes, they had already drawn two yellow cards, and had themselves a third by halftime. The reckless Blues allowed the Royals to have quite a few opportunities to crack the scoreboard, but Blue's goalkeeper Hudson Nelles was a brick wall. Despite five corner kicks and more free kicks than this reporter could count, the

Royals could not solve Hudson. Frustrated, the Royals play took a turn for the worse in the second half. While the Blues fouling remained persistent, the Royals joined them for a total of 15 fouls in the second half. The score sheet was finally opened when Keith Jackson slammed home his 7th of the season to give the Blues the lead. In a twist of irony, Jackson would earn his second booking and an automatic red after an intentional delay of game just minutes later, leaving his team with 10 men. With a man advantage for twenty minutes, the Royals pushed up looking for the game equalizer and game winner. They would find neither, as the attack could not solve the Blues' backline. All in all, it was hard not to call this a collapse... at least offensively. The Royals were given every opportunity to win—in fact, the referee was probably generous in his calls—but the Royals couldn't get it done on the scoreboard, and they fell to the Blues, 1-0. The loss leaves them in a precarious position in the standings. They sit at 1-3-2 with five points, which is good enough for fourth. However, the team is trailed by a Langara team that has seemingly found its wheels. The pressure is on in the PACWEST, that's for sure.

- ✔ 'Stuff You Should Know' from studio to stage
 - ✔ What are you thankful for?
 - ✔ Natural remedies for acne
- And more!*

The history and future of cursive writing

› How the now rarely-used script started, and where it's going

Greg Waldock
Staff Writer

Looking at it objectively, cursive writing is weird. It's a fancy second alphabet for the English language, it has basically no unwritten social rules for how and when to use it, and it's rarely even taught outside of very basic elementary school courses in recent years. Despite that, cursive is a fascinating and important part of the written English language, and one that may end up being forgotten all too soon. Cursive, also known as handwriting, longhand, and occasionally italics, is outstandingly old. We have no idea exactly when it starts or where it came from. Some academics believe it was inspired by the flowing single-line writing of Arabic philosophers in the Early Middle Ages, but this is just conjecture. It showed up well before the turn of the first millennium in Latin and Old English writings, but became a more "formal" way of writing in the 17th Century. Before this, cursive, like the rest of the English language, was not standardized, meaning that grammar and spelling was all over the place. It was used largely for important legal or

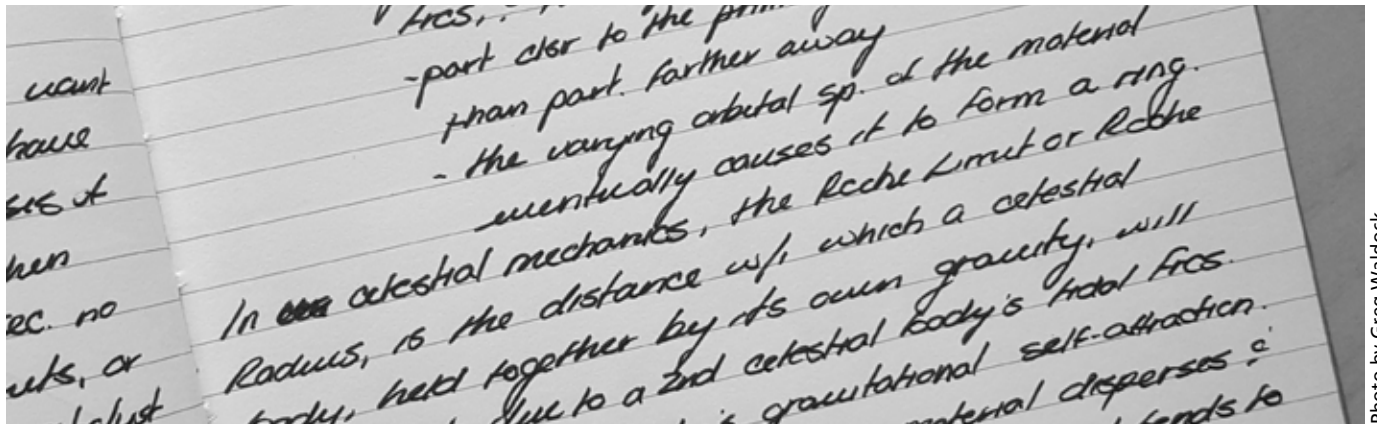


Photo by Greg Waldo

financial documents and for long-distance letters, which were used often in the era as literacy rose and the English Empire spread further and further around the globe. Cursive was eventually taught in the growing English public-school system. The idea behind using cursive in the first place is to allow a faster and more fluid writing style, moving smoothly from one letter to the next without lifting the pen from the paper. Obviously, technological advancements have rendered cursive useless in the long official documents it was originally for. However, its roots have always been in the classroom, and

that's where it continues to exist today. Many students prefer cursive over typing on a laptop, because writing something helps you retain information, as opposed to typing it out—and handwriting notes allows for the speed necessary when in a lecture hall. So it's likely within secondary and post-secondary education that English's second script is still used the most. If it weren't for students, it would probably be relegated solely to signatures on cheques. Sadly, it may be gone within a few generations as those classroom roots are pulled up to make way for increasingly important computer skills.

Over the past two or three decades, cursive has been slowly replaced in Western curriculum with courses in typing proficiency and very basic programming. This may lead cursive to being a sort of lost art of the English language, never regularly practiced by anyone except hobbyists as calligraphy is now. No major efforts have been made yet to preserve it in the school, and its usefulness in our culture is often questioned by both students and teachers. The last days of cursive may be coming, but it remains an important example of how old a proper linguistic tradition can be.

Get good: Vocabulary lesson

› Brushing up on your gamer slang

Brittney MacDonald
Life & Style Editor

Living the gamer life is no easy thing. That's just in general, it has nothing to do with making the swap from console to PC. Penciling in a rigorous gaming work-out is easier said than done. I mean, let's face it, we all have busy lives between school, work, and maintaining necessary yet sometimes tedious social connections—I mean yeah, they're important, but so is my next boss fight! As I've mentioned in previous issues, the social aspect is generally what drives a life-long console user to take up PC gaming. Though it's getting more diverse now, the majority of multi-player games are still being played on PC, and it's still the largest conduit for gaming's most social genre, the MMO. That being said, transitioning to a more social environment as a gamer can be a bit jarring—especially when you can't understand what the hell people are saying!

Online gamers have developed their own unique vocabulary, which you will have to master in order to sit at the proverbial table. As such, I have compiled a list of some of the most used words to better facilitate your understanding. For the sake of keeping this game-related I'm going to define words that are only used specifically for gaming and not

“Online gamers have developed their own unique vocabulary, which you will have to master in order to sit at the proverbial table.”

ones that are used more generally for all online interaction, such as “afk.”

Aggro: Usually used in place of “aggression.” If you’re pulling aggro it means that you’ve drawn the attention of the enemy. Focusing aggro means you’re intentionally drawing the attention of the enemy to one specific player or person—generally someone with really high defence—and using them as a distraction while everyone else attacks the enemy.

Balance: In most cases balance refers to a character or class's viability in competitive play. If a character or class is balanced it means that they have equal advantages and disadvantages to playing them. If they are not it means they are over or under powered.

Buff: Either an ability or an effect that increases your or another player/enemy's stats for a set period of time.

Filthy casual: An insult meaning you are unskilled.

Cheese: An unfair advantage or exploit. An example of cheating a boss would be to get him stuck in a corner and then shoot him with a ranged weapon

so his attacks can't possibly reach you.

DPS: Stands for “Damage Per Second.” This is often used to classify players who focus on damaging an enemy. The trade-off is that they usually tend to have really weak defence, so they need someone to protect them and/or heal them.

Easter egg: An in-joke or cameo hidden in the game for the amusement of players. This can sometimes refer to cross-game promotion, such as the hidden murloc (originally a *World of Warcraft* character) in *Overwatch*, or just be something the developers threw in for funzies.

GG: Good game. It's polite to say this after playing in PvP, whether you win or lose. Don't be a dick.

Kill steal or KS: Literally what it says. If you kill steal it means you last hit something that another player was working on killing, thereby taking the rewards from killing said enemy. Don't do this if you want to make friends, but *do* do this if you want to troll your friends—it's hilarious!

Nerf: When something is deemed

too overpowered, it receives a nerf from the game developers. This means it decreases in power or is reworked in some way so that its utility isn't as necessary. This can refer to an object or character.

Meta: The current state of the game.

Pubstomper: A person or character that is really good at beating new players, but falls short against people with more experience.

Salt: Translate to “bitter.”

Someone who is salty is generally just angry and bitter over a loss.

Scrub: No necessarily a bad player in the ability department. More so someone who you wouldn't want to play with because their ego is too big.

Smurf: When you are an experienced player that creates a new account to fight lower-level players, or to help out someone who is new to the game.

Tank: A character or class with really heavy defence that can draw aggro away from the rest of their team.

Trainer: A program independent of the game that is used to hack the game and cheat. The most common are ones that will auto-aim for you, or ones that allow you to see through obstacles so you know when an enemy is coming.

Zoning: Working to keep an enemy within a specific space so that you can better attack them and control the pacing of the fight.

'Stuff You Should Know' from studio to stage

> Experiencing a live podcast show

Caroline Ho
Arts Editor

Podcasts are fantastic to listen to while doing other activities—in transit, folding laundry, hitting the gym, in transit, making dinner, in transit. However, seeing a podcast show live is very different from just hearing it through your headphones, and it's a wholly worthwhile experience. *Stuff You Should Know* (SYSK) is a podcast with a pretty self-explanatory title: Each episode, hosts Josh Clark and Charles W. "Chuck" Bryant give listeners an in-depth explanation of a random topic, anything from scientific phenomena to random animals to historical events, and much more. Most of the episodes are recorded and produced in their studio in Atlanta, Georgia, but every once in a while they also do live tours. During their most recent tour they came to Vancouver's Vogue Theatre on September 26 to walk us through the story of the ill-fated Ford Pinto and the growth of American automobile safety regulations. SYSK is the kind of podcast that translates fabulously from studio recording into a live version. Part of what makes SYSK great is its free-form format: Shows are entirely unscripted, and every episode is basically an unrehearsed conversation between Clark and Bryant, including frequent tangents

where they discuss random movies and other things minimally related to the episode's topic. However, the unscripted nature of the show comes across as even more authentic in person, where complete digressions have no chance of being cut by a producer—making the hosts' off-topic conversations in front of a packed, attentive audience even more delightfully hilarious. In fact, every part of the show felt immeasurably more impactful in person, with a room full of other devoted fans laughing or gasping in horror along with you. Attending a live podcast show also lets you experience a lot of aspects that you don't get in the studio version. In this case, we got the hosts' introductory warm-up jokes about Vancouver and Canada, their occasional uncensored cursing—immediately followed by apologies to all kids and their mothers in the audience; and the post-show Q&A, where we got to see how genuinely Clark and Bryant connect with their fans. The whole show felt like an intimate look into some of the raw, unedited workings behind the polished studio versions. Of course, every podcast is bound to be different in terms of scripting, editing, and rapport with listeners. The style of SYSK and the familiarity of its hosts works wonderfully live; other podcasts might not necessarily have the same atmosphere. Nonetheless,



Photo by Caroline Ho

getting to attend a live podcast show is an invaluable experience—even on top of the standard excitement one gets from watching anything live. Listening to podcasts is an activity that most people probably do while multitasking on other things that don't take much brainpower, but being there live demands a much more engaged level of attention when you're unable to immediately rewind, and knowing that you're unable to rewind back a minute

makes you cherish that information all the more. In addition, I normally listen to podcasts sped up to 1.25 times regular speed, but I didn't have any problems at all being enraptured by the pace right in front of me—except when I might have been doubled over laughing too hard to pay full attention. Seeing *Stuff You Should Know* live was a fantastic experience that solidified my love for this show and for the medium of podcasts overall.

What are you thankful for?

> How to make it through Thanksgiving dinner with your family

Jillian McMullen
Staff Writer

Personally, I find family dinners cause a lot of unnecessary stress. Mine involve a ridiculously long bus ride out to the suburbs, hordes of screaming children, and a host trying to make everything perfect—and failing, of course. I can usually maneuver out of them with excuses of too much school work or a schedule shifts I can't get covered. However, some family gatherings can't be avoided—namely holidays. For those inevitably stressful days, I've developed a few strategies to help make them go as smoothly as possible, and with Thanksgiving coming up next week, I thought I'd share some of them with our readers!

Don't talk about politics

Some people are lucky enough to share the same political beliefs as their parents, but for those who do not this is arguably the most important rule. Politics normally cause uncomfortable debate and can really ruin the upbeat atmosphere holiday dinners attempt to establish. Also, especially avoid talk of American politics. I think we've all had the same conversation on that disaster enough times.

Keep it short

Get in and get out. I normally try to arrive late and leave as soon as I can, because the longer I stay, the more opportunities I have for conflict. Although the "it takes too long to get here" excuse may not have justified not coming to dinner, the "I really need to catch this bus to get home" excuse usually works the best for getting you out of there the quickest—and with the least amount of questioning! You don't want to make it too obvious that you're trying to bail, so stay away from obvious lies like "I'm just really tired" or "I've got a paper to write for tomorrow."

Take breaks

Like anything emotionally exerting, it's good to take some time to chill out and re-center yourself. If you feel yourself getting frustrated by your aunt's intrusive questions or your grandmother's reminiscing of "better days," excuse yourself from the situation to go somewhere quiet. A few minutes by yourself can really help to calm your nerves. Remember, you might only see your family a few times a year, so snapping at a relative hardly seems worth it.



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jude.goodwin • Follow



1 like

jude.goodwin Just some people at the bus stop
#coquitlam #douglascollege #pinetree

2 DAYS AGO

This week's post is by @jude.goodwin

Natural remedies for acne

› Turning to the natural world for healthier skin

Brittney MacDonald
Life & Style Editor

No matter where you go, or what you do, your skin is always with you—which makes it all the more problematic if said skin isn't behaving itself! I've never suffered from severe acne, or even consistent break-outs, but I do tend to get pimples when I'm stressed-out. As I am a very anxious person about to face some major life changes in the future, this has been happening quite a bit. Unfortunately, I can't use the majority of the acne/pimple products available in stores. I have very sensitive skin, so the majority of them give me chemical burns—which is not a good look, in case you were wondering. Due to this I have looked into a few all natural remedies to help reduce or control break-outs and acne.

Diet

This seems like such a simple option, and one that everyone knows about. If you suffer from acne, eat healthy! Easy for some to say, as they are probably giving that advice from the comfort of their own home with a fully-stocked fridge. As a student you are constantly commuting, not to mention racing between classes and work—there isn't time to pay attention to your own eating habits! Luckily there's a couple tricks you can make use of: Avoid drinking milk. Milk might be good for your bones, but it's very bad for your skin. Eat fish. Fish contains essential fatty acids and oils that are good for your heart and your skin. Salmon is the best, but even tuna will help maintain, or clear up a complexion.



Honey

Now you may be asking why this isn't in with the diet portion—and that's because using honey to help your skin doesn't involve eating it! Honey is one of nature's best antiseptics, meaning it will help reduce the bacteria on your face, preventing the spread of your acne. It's also very moisturizing and will help heal and repair the skin so you're not left with scars or red patches.

Tea tree oil

This seems to be one that everyone knows about, so much so that even cosmetic companies have started putting tea tree oil in their products. To this I say:

Keep it simple. You don't need products that include this, and you shouldn't be using it to maintain your skin—it's incredibly corrosive. Use the oil as a spot treatment to treat large or painful pimples. It will dry them out so they will reduce in size. You can also use diluted tea tree oil to break up scar tissue.

Witch hazel

Using witch hazel as a toner is a great way to unclog pores while avoiding the burn of alcohol. If your skin is sensitive, you probably can't use most cleansers and toners because they contain rubbing alcohol. However, alcohol-free toners just don't do as good a job, and ones that are

oil-based can cause more break-outs in people who are acne-prone. Witch hazel can act as a toner—evening out skin tone, unclogging pores, and softening skin—but it smells really weird. If you can get past that then it can act as a great alternative to more traditional skincare. This is a fad that is catching on more and more because of witch hazel's prevalence in Korean skincare, so you can find it more and more in products that advertise themselves as all-natural or organic. I say skip all the hubbub and go straight to the source! Witch hazel is available in the first-aid sections of most drug stores.

RPG hook: Moving mountains

› How to make your mountains breathe

Davie Wong
Sports Editor

We often hear the saying, "Don't make a mountain out of a molehill." But why? Well as the Game Master, you can! In all seriousness, mountains are wonderful things to add to any world.

The first thing you should figure out is how prevalent are they in your world. A neat lore aspect might be to describe the creation of mountains in your world, at least to yourself—the players can figure that out on their own. Did the primordial gods of Land and Sea clash to create great peaks where they came to blows? Or perhaps the mountains are the spine of a great world-eater laid to rest by the Gods themselves?

If you want to take it a step further, you could tie the creation of mountains to the origin of races. Perhaps the God of Dwarves created the Dwarves but found that the surface of the planet was too hostile for his creations. So he moulded the dirt and hardened it so his creations could live below, protected from those above.

Once you figure out the creation of mountains, you get to dictate location.

Where are these mountains? Figuring out where to place your mountain ranges can be tricky. But there's really no rule of thumb for them so you can't go wrong there. Generally, mountains are grouped together, but if you want to have a lone mountain with its own story, that could be something for your players to investigate.

The wonderful thing about mountains is that they're big. In fact, they're huge. The size works in the favour of Game Masters. If you're running a one-shot, a mountain can be a focal point. If you're running a campaign, mountains serve as a diverse setting. Which leads me to the next point—its inhabitants!

This is where you can get a bit picky with your mountain ranges. Perhaps some mountains belong to the Dwarves, but others belong to a race of giant birds of prey, or other insidious creatures with scales and wings. There are plenty of creatures that could inhabit mountains, and as a game master, you get to decide what those creatures are.

A twist that could be interesting is if the mountains themselves were the creatures. Sentient mountains aren't all that uncommon in the fantasy genre, but it can still be surprising enough if set up



Illustration by Ed Appleby

correctly. Perhaps they are representatives of a god? Or maybe the life blood of a primordial seeped into the stone of the mountains granting it life?

Another nitty gritty detail is why the party is there in the first place. Are the mountains just an obstacle the party

needs pass through, or is their objective in the mountain? If so, how do they gain access to the mountains?

Mountains are really wonderful things. Just because they don't move, doesn't mean they can't be interactive—and who says they can't move, anyway?

OPINIONS

- ✓ Has Life hack culture gone too far?
 - ✓ Who truly deserved to win 'Big Brother 19'?
- And more!

Why all men are sexist

> Complacency in a sexist society

Cazzy Lewchuk
Contributor

“Men are afraid that women will laugh at them. Women are afraid that men will kill them.”

- Margaret Atwood

Every man is a sexist.

Merriam-Webster defines sexism as “prejudice or discrimination based on sex; especially discrimination against women.” To keep things simple, I’ll focus on that definition: To be sexist is to be prejudiced against women.

I think the fact that women are discriminated against in society is obvious and doesn’t need to be argued. You can look at the statistics for yourself: Women have it worse in pretty much every way. To me, this is clearly a result of patriarchal oppression. Women do not put themselves in this position. They are systematically discriminated against, disregarded, and dehumanized by males in society, who possess the majority of the power.

Whether cis or trans, it appears men experience a status and privilege in society that makes them think women are inferior. When you live in a society that treats females as second-class citizens, you’re going to have some of that bias, consciously or not. Not every single man directly oppresses and abuses women, but we all experience a privilege that women will never know.

Some men reading this will deny they are sexist, perhaps even becoming angry. It’s upsetting to suggest we oppress women. To be called prejudiced is perceived as one of the worst things you can be. However, I think it’s important to acknowledge we’re all prejudiced, and that we’re working on it. By denying there’s a problem, you are only contributing further to a sexist atmosphere.

For what it’s worth, I’ll admit to sexist and disrespectful behaviour. I’ve certainly never abused anyone or supported such a thing, but I have treated women in an unacceptable manner. I’ve regretted and

apologized for my actions, and they were wrong. I think all men have done something like this—we’ve done it to our families, friends, and many other women in our lives. We interact with women as individuals and in groups in a much different way than we would to another man, and a lot of this behaviour is negative and toxic. There is a difference between blatantly disrespecting a woman and making an immature mistake, particularly if the behaviour is repeated. Owning up to our actions and admitting we were in the wrong is important, as well as not making the same mistake again.

It’s not my place as a man to speak for the experiences of women. It’s even less so to suggest I know a woman’s thoughts on other women or gender dynamics in general. However, in a sexist society, I’d suggest that to a degree all women are internally sexist as well. They are raised to believe they’re second-class citizens. There’s going to be a toxic masculine influence that leads them to disrespect feminine actions, even the ones they perform themselves.

Every man needs to do better. I’m not saying we all must devote the rest of our lives to women’s advocacy issues, but recognizing and fighting sexism in society is something that can be done everywhere. We need to be honest about our responsibility and role in creating a society free from gender discrimination. Above all, we have to give women a chance to lead and advocate for their own rights. Men should have a voice in feminist and gender issues, because these things affect everybody, but they should not overshadow the discussion. Men have dominated literally everything since the dawn of civilization, it’s time to let women lead and take control.

This is not a radical or complicated subject. This is basic-level gender and women’s studies, which is an entire academic field. Most women know how sexist all men are, and more men than ever are starting to understand. We owe it to women everywhere to recognize our faults and learn how we can be better.



Petty journalism

> Ambulance chasing and the importance of the second source

Rebecca Peterson
Assistant Editor

On a day already filled with tragedy and heartbreak, I was further saddened to read on Twitter that musician Tom Petty had passed away. Everyone was reporting confirmation—CBS, CBC, The Rolling Stone... There was no doubt in my mind that he was dead. Well-respected members of the media took to Twitter to offer their condolences, blue checkmarks beside their Twitter handles a further testament to the integrity of this report.

There was one small snag: Tom Petty wasn’t dead.

As of writing this right now, on Monday evening, Tom Petty is still fighting for his life in critical care. The phrase “thoughts and prayers” has been used far too many times for the meaning to remain intact, but I do absolutely wish him well and hope he pulls through.

However, this whole debacle is a good example of a common problem in modern reporting, especially with reporting through social media: We’re losing the ability to wait for at least two primary sources.

TMZ, to my knowledge, was the first to report Tom Petty’s death, and cited the testimony of the LAPD. CBS quickly picked up the story, also citing an “official report” from the LAPD. All subsequent reports were simply linked back to the CBS story, which in turn came from TMZ, which, if you look at the article on their site, was featured alongside articles such as “Sexy Stars in Hawaii—Soak in the Tropical Hot Shots” and “Cardi B vs Azealia Banks—Who’d You Rather?”

TMZ may not always be a reliable source of information, to say the absolute least. Turning around and placing the blame on TMZ for making a mistake is like demanding Adam Sandler refund your movie ticket—you had to have known what you were getting into.

Reporters and news outlets should be interrogating their sources, making sure there are more than one reputable firsthand accounts before publishing anything, but they aren’t. Why?

It’s a problem with many facets—the slow death of print media, the move to reporting on social media, the importance of gaining profit through site clicks; in summary, everyone wants to be first to the story, first to declare. Everyone wants to be the source, which is precisely the problem. A news article should not be considered the same as a firsthand account.

Misinformation is not a victimless crime (as the last American election keenly demonstrated). It doesn’t just embarrass well-meaning well-wishers and news outlets; it can cause real and lasting emotional and even physical harm. Shoddy, sourceless reporting can devastate families and friends who see their loved ones’ images plastered on Twitter in premature obituaries, and can

even complicate a crisis by confusing people in the area worried for their lives. Tom Petty’s daughter was particularly affected by today’s incident, directing an understandably enraged tirade at The Rolling Stone on her Instagram account: “How dare you report that my father has died just to get press because your articles and photos are so dated.”

Unfortunately, this doesn’t seem to be a problem that will go away any time soon. As much as I might question the ethics of ambulance chasing and dodgy reporting on social media, I still get many of my news leads from social media. Even now I’m repeatedly refreshing my Twitter page, seeing if there’s been any update on Tom Petty’s condition that might render this article obsolete before the paper hits the stands.

I suppose all I’m asking is that we remain critical, and we look to the source of the information. If an article is citing another news outlet, take it with a grain of salt.



Screenshot from 'Charlie Brown'

Halloween: The greatest of all holidays

› Christmas has nothing on the spookiest day of the year

Greg Waldock
Staff Writer

Halloween is far and away the greatest of all our many annual celebrations. It's weird, diverse, and in most of North America, it serves no purpose whatsoever other than being fun. It introduces images and ideas from cultures around the world, resulting in weird fusions of totally unrelated concepts, like mummies and vampires being associated together. Most importantly, I think it teaches us to not be afraid, no matter what terrible evils exist beyond our understanding or control. Halloween is a bizarre celebration, sometimes problematic, sometimes innovative, but always entertaining.

Its origins are up for debate. Loosely, it comes from harvest festivals, celebrating the end of the farming seasons with a huge feast. This

tradition is celebrated by nearly every agricultural society around the world.

Halloween gets weird with its imagery and themes. As you can imagine, most harvest festivals aren't so obsessed with death. The classic mainstream Halloween iconography is all about skeletons, ghosts, dim candles, and pumpkins carved with terrifying faces. Witches, demons, zombies, and vampires are common, and are all boiled down to their simplest images. They're also inspired by religious traditions from around the world.

I think Halloween is a strong example of how cultural diffusion works on a global scale. While there are many good arguments that Halloween encourages the harmful practice of cultural appropriation and misrepresentation—and I don't disagree with most of them—I think there's a lot of creative good here. It's not just the story

of immigrants coming to North America and bringing their own traditions, though that's also a huge part of it. To me, it's more the story of international discovery and enthusiasm for reinterpreting the new. For example, since the Haitian practice of zombification became known mainstream, it's been reinterpreted as a horror concept used to explore the dangers of consumerism. Now, the Western interpretation of zombies is a cornerstone of filmmaking. While we should be aware of how this impacts Haitian traditional culture and our view of it, I also think diversity for diversity's sake is a good thing. New art always has merit, and Halloween is full of new art.

The other major positive with Halloween is its unique approach to fear. Demons, evil spirits, and ghosts were and still are massively feared things; supernatural forces that can ruin lives and exist far beyond our human ability

to understand or fully perceive no doubt sounds terrifying. Halloween defeats this fear and encourages us to dress kids up in demon costumes to ask for candy. Halloween encourages us to animate a skeleton dancing to "Spooky Scary Skeletons" in a badly-drawn graveyard. It gives us fragile, mundane humans a chance to laugh at the face of true unnatural evil itself, to acknowledge the inevitable unfairness of death and still go to a party dressed as a pirate.

I believe that underneath the silliness, candy, and rampant alcoholism, there's a very serious aspect of Western culture here. Maybe you can interpret it as us mocking cultural beliefs around the world, and you might not be wrong. I prefer to see it as our culture, for one day, teaming up with our kids and rejecting fear of the supernatural itself. Or maybe I just want to get trashed and carve a pumpkin.

Unhack your life

› Life hack culture has gone too far

Sophie Isbister
Contributor

You know what I am really sick of? Life hacks that aren't really life hacks.

Let me paint you a picture. I'm sitting on my couch on a sunny afternoon. I've got my phone in my hand, one pinkie tucked under the bottom, scrolling with my thumb, and what do I come across? A video titled "Amazing Pie Hacks!" I think to myself, hey, I love pie, I love life hacks. I click the video, and what do I get?

Certainly not any pie hacks! I don't know what I was expecting a pie hack to be: Cook a pie on your car's radiator? Add tuna water to the pastry to make it extra fluffy? Whatever these pie hacks were going to be, I wanted them. What I ended up spending a full three minutes watching—and then a full month ranting about—turned out to be just different ways of decorating a pie crust with a plain old ordinary knife.

Where were the bobby pins? Where were the binder clips? Where was the four-inch piece of string? I came for innovation, and all I got was something I could have found by simply Googling "Different ways to cut pastry."

At first, I thought to myself, are my expectations too high? Am I being too harsh on the good people at Inane Internet Videos Inc.? As it turns out, my ire was not misplaced. My ire was firmly in the right place, because according to a cursory online search,

a life hack is defined as a strategy designed to make everyday life more efficient. When I think "efficient" and "everyday," my mind doesn't immediately leap to "Make a bunch of pies for no reason." I'm not trying to enter any state fairs contests over here.

The pie hack video is disturbing on at least two levels, the first being that it's not even a hack. The second reason that it upset me so much came to me after a little bit of soul searching, which lead me to ask the question: Would it be so bad if the video was just titled "Amazing Pie Tips," or, "Cool New Designs for Pie Crusts"?

What's wrong with just having pie tips? Why do we have to oversell it, and get people to click on something, thinking it's a hack, just to be turned away empty handed and extremely disappointed? C'mon Internet, you know I'd watch the video even if you didn't try to package it as a hack. Let tips be tips!

If everyone could just consider my humble proposal regarding the labeling of hot tips on the Internet: If you want to publish something and call it a life hack, first ask yourself, "Does this tip subvert the typical usage of a common, household item?" And then ask yourself, "Is this tip significantly easier than doing something the ordinary way?" And finally consider, "Is this tip something my aunt could already read about in Canadian Living magazine?" If you answer yes to any or all those questions, maybe don't call your stupid tip a life hack.





Screenshot from 'Big Brother'

Who truly deserved to win 'Big Brother 19'?

> A look at the strategies of the top two players, and what led to the loser's downfall

Lauren Kelly
Columnist

The latest season of Big Brother ended on September 20, with a final result that most fans did not expect, but that many were hoping for. BB 18's Paul Abrahamian returned to play. He once again reached the final two, and he once again was blindsided in a 5-4 loss. Many casual viewers and live-feeders expected him to win the season, as it seemed to have been handed to him on a silver platter with early advantages. His game play was solid as well, as he masterfully manipulated his fellow houseguests. So what went wrong? Did Paul deserve to lose, or was he robbed yet again?

Of Paul's many advantages, the most impactful was his fan-voted and secret three weeks of safety from nomination. After Cody Nickson tried to nominate Paul in his first HoH, Paul revealed his safety, sat pretty for the following two weeks, and turned everyone in the house against Cody and his showmance partner Jessica Graf for betraying him. By the end of his safe weeks, nearly every houseguest was hanging on Paul's every word of advice, and they all believed that they were his true ally. Whenever they turned against him or started to question him, he orchestrated their eviction. His control on the house was nearly absolute, but his stellar game-play was not enough to win over fans.

The true problem with this season of Big Brother and the reception of

Paul's gameplay was the fact that it was an incredibly toxic house. As the ringleader, Paul sent his self-described puppets to attack and demoralize his chosen targets. He forced his allies to disassociate from others, and targets sat alone, waiting for eviction night. If anyone ignored his orders, the rest of the house turned on them at Paul's command.

The worst instance of this was a day-long attack session on Cody and Jessica, where Paul told his allies to try to get Cody to punch someone so he would be removed from the game, or upset the pair so much they self-evicted. They started by attacking Jessica, who stood up for herself, and next insulting Cody's worth as a man for not standing up for her. When the pair escaped, the others followed them outside, and yelling insults and banging pots and pans at them. While this was the worst of it, this was a major strategy of Paul's throughout the season, and it resulted in people playing incredibly personal and vindictive games in place of strategic ones.

Paul's right-hand man in these tactics was Josh Martinez, who would fight with and harass houseguests at Paul's command, and then run off to cry from the guilt. Because of this, Josh wasn't taken seriously, and he managed to stay safe by serving as Paul's invaluable meat shield.

Along the way, the jury slowly filled with houseguests who either at one point trusted Paul until he turned the house against them, or who trusted

Paul until the moment they were backstabbed, blindsided, and sent out of the house. Paul could have won these evictees' votes with a proper goodbye message, but, instead, this is where Paul lost the game. Instead of owning up to his game, he lied to their faces, saying that he was blindsided too. Many of these players considered him a great friend and had essentially played their games for him, and he stabbed them in the back and lied to them about it.

Paul entered the final two having hand-crafted his jury through careful manipulation. He had everything set up and in place for his victory, which he believed would be a 9-0 sweep against Josh. This was all predicated on one error: Paul has never watched Big Brother, even his previous season, so he believed that jury members aren't allowed to talk to one another. This would have meant that each would enter jury either loving him or respecting him, and they would thus hand him the win against Josh, who had fought with many of them.

However, without Paul knowing, Josh was plotting against him. As a closeted super fan, Josh knew that Paul was dominating and would probably win in the end, but he also knew that any obvious move against Paul would result in his eviction. So, in his goodbye messages, Josh laid out his alliance with Paul and their third ally, Christmas Abbott, for the evictees and told them the truth—that all of three of them, including Paul, worked together to evict them.

After Paul's gameplay all season, most would argue he technically did deserve to win, but the jury was incredibly bitter, and it was bitter only because of him. He created a Big Brother house that played personal, petty, and vindictive, and he turned that energy against himself by lying to each one of them. The final nail in his coffin came from his answers to the jury's questions. When asked about his bullying tactics and whether those were part of his game play, he again lied and said he had no part of it, resulting in incredulous looks on the jury member's faces.

While Paul faltered, Josh shone, fully prepared for the jury's questions and to make his final statement. He explained that he played dumb all season and that his primary tactic was painting targets on others and exposing their games to keep himself and his allies safe. He answered well and, while possibly embellishing the extent of his strategy, his strategy was enough to make him a worthy winner. However, the ultimate reason Paul lost was because of Cody. He spent the season standing back and making people attack Cody, while Josh attacked Cody to his face. This won Cody's respect, and Cody's vote won Josh the game.

While many fans may cry out that Paul was again robbed, he has no one to blame but himself. The goal of Big Brother is to have the jury vote to award you \$500,000, whatever your strategy is to do so or not. His poor jury management proved that he did not deserve to win.

Hold please...

> Why automated phone systems are the worst thing technology has ever done to us

Chandler Walter
Editor-in-Chief

"Press one for a robot, press two for a different robot, press three for a never-ending cycling of eternal damnation..."

[Insert record scratch sound effect, freeze frame]

Yeah, that's me. You're probably wondering how I got myself into this wacky situation.

Basically, I was trying to pay my Shaw iInternet bill and it simply wasn't

letting me pay on the website. So I thought "Hey, wouldn't this be easier if I could just explain my situation to another fellow human being, and have them fix all of my problems for me?"

I was a customer, and I was in need of some service.

One 1-800 call later and I was pressing ones and twos faster than a guy who has a weird fetish for the letter 12. "Press one for Eng." Got it. "If the matter is about payment, press t." Will do.

I was basically just in search of the wonderful moment where they

finally ask: "If you would like to speak to a representative—so you can, you know, actually explain your situation rather than struggling through this horrifyingly boring Choose Your Own Adventure, please hold."

Yet, on some rare occasions, for some damnable reasons, that salvation never arrives.

Yes, automated phone systems are a great way to solve problems without the need of a customer service rep, and yes, I'm probably just writing this opinions article because I am still slightly salty

about the lost 40 minutes of last night (and the fact that we need to fill space in the Opinions Section), but there is nothing more frustrating than having a problem that you just know will not be on the cookie cutter list of choices.

Having a "Connect Me To A Human" option off from the get-go would solve the problem straight away, and should be included in all automated phone systems.

And noyes, I still believe that pressing 0 to get there straight away is just a myth.

Independent woman briefly considers settling down, but then gets the jar open by herself

› ‘It was a close one,’ stated local millennial Kate Jackson

Klara Woldenga
Assistant Editor

Kate Jackson, 28, works full-time as an administrative assistant at a software company located in downtown Vancouver. Like many women in Vancouver, Jackson is often faced with tough decisions about her future: Will she eventually settle down with a single partner? Will she have children? For Jackson, one of these contemplative moments came when she arrived home one day after her daily, sticky, two-and-a-half-hour transit commute which she is “totally fine with,” she told the Other Press.

“I just wanted to do the same thing I always do to unwind when I get home from work: Shame-eat an entire jar of dill pickles while re-watching *The Wire* and screaming ‘THIS IS WHAT LIFE IS’ at the screen with my mouth full.” But, unfortunately, Jackson hit an unexpected roadblock when she opened the fridge and took out her favourite shame-based food.

“I couldn’t get the jar open. No matter how hard I twisted, I just couldn’t get the lid off. It was my fault, really. I accidentally bought a new type of my favourite pickle brand that boasts fewer calories in every serving. I realize now it probably says that because it takes so much energy to get the lid off. It’s a mistake I could totally see myself making due to sleep deprivation, because the only time I can go grocery shopping is at one in the morning, during the three-hour gap between my two telecommute night jobs.”

Despite her weakened state,

Jackson refused to give up.

“I ran the jar under hot water, but it didn’t work. None of my eight roommates living in our four-bedroom apartment were home, so they couldn’t help. I was out of options. How was I going to spit out my general, vague frustration towards capitalism now?”

But Jackson knew she had one option left.

“I realized that maybe this was a sign to finally settle down with a man who could help with my jar-opening needs. I don’t own a pair of man hands myself, and stealing or buying human parts is illegal in this country, so it really seemed like a long-term, supportive relationship was my last and only option.”

Kate opened her Tinder app in the hopes of finding her dream, jar-opening man, but was quickly disappointed. “I kept looking for men who bragged about their jar abilities. I found a few, but all the pictures they had in their profiles were of them holding dogs, cats, or fish. You don’t have to twist those open, who are they trying to fool?”

Finally, after ten, long minutes of searching Jackson found her answer.

“I got bored and started watching random YouTube videos,” stated Jackson. “Luckily one of them was a video about opening stuck jars by tapping the lid with a spoon. I tried it, and success! It opened!”

Kate has urged other women to be like her and not give up hope.

“A 50-cent utensil is way easier than a commitment that could last a lifetime,” stated Kate.

Spoons can be found at any local kitchen outlet at varying prices.



The anti-gothic

> The world is a wonderful place,
and you feel just swell

Rebecca Peterson
Assistant Editor

You wake up in the morning, feeling refreshed and ready to face the day!

And what a day it is! The sun is covered by the fluffiest of rain clouds, lightning flashes against your old and broken windows like fireworks, and the rumbling of thunder in the distance reminds you of a jolly giant wishing you a bright hello.

You give a nod to the portent of doom lingering to the left of your dishwasher, and the severed, spectral hand waves back at you, even adding a little crook of a withered finger as if to say, "Come here, friend, I've got a present for you!" You laugh merrily—what a prankster the portent is! You tell it that its presence is present enough, and skip along out the door.

What luck! The moment you find yourself on the sidewalk, a beautiful black cat cuts right across your path. You lean down to give it a gentle pat on the head, giggling as it tries to high-five you back with its ragged, bloodstained paw. It bounds away after that, so you continue along your path, making extra certain not to jostle the ladder inexplicably placed in the middle of the sidewalk as you pass underneath it.

A few blocks along, a raven lands on a nearby lamppost and begins to sing to you in a hoarse, piercing caw. How kind! You attempt to sing along, echoing the raven's unconventional melodies. You hear a long, loud shriek in the distance—someone must have overheard your little duet, and is now attempting

to join for a trio! The raven finishes with an echoing scream, and departs.

The rain that starts to pour down upon you as you walk is a surprising shade of deep red, and has an almost metallic scent to it. You tilt your head back to the heavens and let the wonder of nature's unpredictability sprinkle crimson majesty upon you. It may stain your outfit, but you don't care. It's lifting your already-buoyant spirits, even if it is a little sticky.

You're nearly at the SkyTrain now, shrouded in fog as dark, unknowable figures shift about in the distant mist. Oh, the potential for new and fulfilling friendships! You pick up the pace, eager to join them.

You don't see the crack in the sidewalk until you trip over it, and stub your toe.

You

Stub

Your

Toe.

You feel the cold, unyielding claws of mortality close about your very soul. With a cry, you drop to your knees, the pain overwhelming you, stifling your every breath. You've been betrayed—betrayed! Cursed with pain by a cruel and unfeeling world, and even crueller and more unfeeling concrete. You curse the Gods above, knowing your cries are but a distant echo to indifferent skies.

Your toe throbs, like the quaver of a weeping child. You push yourself to your feet, your heart rid of all warmth and love. This world is but a hard and cold penitentiary of human suffering.

It's going to be a long day.

Unintentionally inappropriate vintage ads



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BREAKING: Protesting a protest now illegal

› Protests over protest ruling already in session

Davie Wong
Sports Editor

It's been a crazy day for the Canadian Court of Law. In a surprise ruling, the Supreme Court has declared that the protesting of a protest is now deemed illegal, stating that "It is of this court's understanding that the protesting of a protest is unreasonable and suppresses the right of people that are protesting. In accordance to the right to Freedom of Speech, protesters are allowed to protest peacefully. Therefore, the suppression of these people who would protest the protesters is hereby illegal. Anyone caught protesting a protest will be subjected to a protest from a panel of their peers." This ruling has had a mixed reaction from citizens. Protester Grag Walpapor was one of the many who rejoiced upon hearing the ruling, stating: "Finally, I can protest without worrying about someone protesting my protest. Before, it was basically drama class!" When asked to clarify what he meant, Walpapor protested our reporter's line of questioning. While many like Grag are overjoyed with the court rulings, not all are pleased. Arnold Rump, an American-Canadian, stated the whole thing was "stupid. That's right, it's stupid. It's not right! People protesting should be subjected to the opinions of their peers. I mean, protesting is stupid all together.

Those protesters should get a job! We need to stop paying attention to those protesters! Canada needs to change its policy on protesting! It should be illegal to protest! That's the only way to stop them! Hashtag boycott protesting. Hashtag make Canada great again!" It's worth noting that the Other Press ran the full transcription of Mr. Rump's interview, despite his protests against it. Those who share Mr. Rump's anger on the issue have already begun protesting the ruling by forming a large, unruly crowd in front of the Supreme Court and chanting profanities such as: "Screw the protests!" "Hashtag boycott protesting!" and "Supreme Court is flawed! End the fraud!"

Word is reaching us at the Other Press that an underground protesting group has begun arranging a protest against the protest about protesting protests. While this may seem like a strict violation of the Supreme Court's ruling, an anonymous source within the group has assured us that the protest of a protest protesting protests is not the same as a protest protesting a protest. To ensure their safety, the group has organized protesters to protest the protesting of the protesters protesting protests.

The Other Press reached out to the Supreme Court of Canada, and the Canadian Government for a statement, but has been told that no statement will be issued in protest of the situation.



Too sweet to handle

› Holistic nutritionist consumes refined sugar, alternative medicine license now under review

Jillian McMullen
Staff Writer

A tribunal met early this morning to deliberate the future of Vancouver holistic nutritionist Bianca Greene. Greene, who has been working in the health consciousness industry for the last four years, allegedly consumed refined sugar in the form of granola on September 17 while out to brunch at a café in Kitsilano. She is also alleged to have shared said cereal with Kenneth Bends, a local yoga instructor. The tribunal is now deciding whether or not to revoke Greene's alternative medicine license. Jeremy Laituse, juror and president of the Vancouver School for Natural Health Care, explained to the Other Press in a phone interview that while there currently exists no governmental standards for holistic nutritionists, consultants must respect the code of ethics learned at his school. "We're concerned about Ms. Greene's commitment to natural nutrition and healthy lifestyle choices," said Laituse. "We provide some of the best training possible to our students. When you receive an alternative medicine license from VSNHC, it's supposed to really mean something. Ms. Greene only received her license in 2013, so we find it difficult to believe that she has already forgotten how to differentiate between whole and processed foods."

Greene has maintained her innocence throughout her review. In Greene's account of the event, upon entering the establishment she inquired what the café used to sweeten their pastries. The waitress serving her explained they were sweetened with only the finest fair-trade, sustainably-sourced, raw coconut sugar. Greene then assumed all items would be made similarly; however, the café instead uses high-fructose corn syrup to make their granola. "You know what they say about assuming," stated Laituse. Kenneth Bends, the victim of Greene's oversight, explained to the Other Press outside the tribunal how concerned he now is about the syrup's presence in his body, stating "That stuff is just as addictive as any drug. I struggled with my health a lot in my youth. I cut out refined sugars 10 years ago and I've been on the straight and narrow ever since, but I can feel the syrup really affecting my daily practice." Bends added that he had felt safe around Greene because of her professional training, so he didn't think to question her dietary choices. "This has really affected our friendship. When I see her walk into the studio for one of my classes, a shiver goes up my spine. Like, how do you betray a friend like that? My body is a temple and she treated it like dumpster." The tribunal will announce its decision next week.

BEYOND THE BLUES

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